

Breathless

COPPER KNOB
BY STEPHEN HETS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Jimmy Barber
音樂: What's In It for Me - Faith Hill



2nd Place Winner at Southern Dance Classic 2000

RIGHT AND LEFT HEEL DIGS, SYNCOPATED ROCK RIGHT, LEFT AND RIGHT HEEL DIGS, SYNCOPATED ROCK TURNING ¼ LEFT

- 1&2& Dig right heel forward, replace, dig left heel forward, replace
3&4 Step right to right side rocking weight onto right and raising left heel, replace weight on left, step right in place next to left
5&6& Dig left heel forward, replace, dig right heel forward, replace
7&8 Step left to left side rocking weight onto left and raising right heel, replace weight on right pivoting ¼ to left, slide left foot next to right

RIGHT KICK, STEP & LEAN BACK, DIG LEFT FORWARD, ROLL WEIGHT FORWARD, SCOOT FORWARD TWICE, ½ PIVOT, SYNCOPATED ROCKS FORWARD AND BACK

- 9&10 Kick right forward, step right back, dig left heel forward with left leg straight, lean back with weight on right (leg slightly bent)
11&12 Roll weight forward on to left foot, lowering toes and bringing weight forward from over right foot (back foot) to over left foot (front foot), bringing feet together, scoot (small jump, not lifting feet off floor) forward twice
13-14 Step forward on right, pivot ½ to left
15& Step right forward rocking weight onto right, replace weight on left
16& Step right back rocking weight onto right, replace weight on left

SYNCOPATED KICK & SIDE ROCKS MOVING FORWARD

- 17& Kick right forward, step slightly forward
18& Step left to left side rocking weight onto left, replace weight on right
19& Kick left forward, step in place
20& Step right to right side rocking weight onto right, replace weight on left

KICK & HEEL & POINT, HOPS TURNING ½

- 21&22& Kick right forward, step in place, dig left heel forward, step in place
23 Point right to right side
&24 With weight on left, hop ¼ to right, raising right foot beside left knee, and repeat to complete ½ turn to face new wall with right foot off floor

An acceptable advanced alternative to this set of four counts is as follows:

FULL TURN, JUMP APART, ½ TURNING HOPS

- 21-22 Step right behind left, unwind one full turn to right
23 Jump feet slightly apart, preparing for weight to fall on left
&24 With weight on left, hop ¼ to right, raising right foot beside left knee, and repeat to complete ½ turn to face new wall with right foot off floor

RIGHT KICK-BALL-CROSS, SIDE STEP, SAILOR CROSS, SIDE STEP

- 25&26 Kick right forward, step right slightly back, cross left in front of right
27-28 Step right to right side, slide left together putting weight on left (optional clap)
29&30 Step right behind left (5th dance position), step left to side, cross right over left
31-32 Step left to left side, slide right together (optional clap)

REPEAT

