

Bored 2 Tears

COPPER KNOB
BY STEPHEN BRETZ

拍數: 64 牆數: 4 級數: Intermediate
編舞者: John Robinson (USA)
音樂: Bored 2 Tears (Remix) - Double Z



The track starts "1,2,3" followed by 16 beats, then you'll hear the voice say "1,2,3, here we go" followed by another 16 beats. Begin the dance after that when the female vocalist sings "sit at home."

WALK RIGHT, LEFT & LOCK BEHIND, UNWIND FULL TURN TO THE LEFT, WALK RIGHT, LEFT, RIGHT FORWARD MAMBO

1-2 Step right forward, step left forward
&3-4 Right small step forward, left lock behind right, unwind full turn to the left taking weight on left
5-6 Step right forward, step left forward
7&8 Right rock ball of foot forward, recover to left, right step next to left

¼ TURN LEFT STEPPING LEFT, RIGHT, BEHIND & CROSS, TAP-TAP, RECOVER, BEHIND & CROSS

1-2 Pivot ¼ left (to 9:00) stepping left side left, pivot ½ left (to 3:00) stepping right side right
3&4 Left step behind right, right small step side right, left step across right
&5-6 Right toe tap next to left, right toe tap out to right side with slight lunge, recover to left
7&8 Right step behind left, left small step side left, right step across left

SIDE STEP, TAP BEHIND, RIGHT TRIPLE TURNING ¼ RIGHT, STEP OUT OUT, SAILOR STEP

1-2 Left step side left, right toe tap behind left
3&4 Pivot ¼ right (to 6:00) stepping right forward, left step next to right in 3rd position, step right forward
5-6 Left step side left, right step side right
7&8 Left step ball of foot behind right, right step ball of foot side right, left step forward apart from right

CROSS, BACK & CROSS, BACK TURNING ¼ LEFT, FULL TURN LEFT TRAVELING BACK, COASTER STEP

1-2& Right step across left, step left back, step right back and side right
3-4 Left step across right, pivot ¼ left (to 3:00) stepping right back
5-6 Pivot ½ left (to 9:00) stepping left forward, pivot ½ left (to 3:00) stepping right back
7&8 Left step ball of foot back, right step ball of foot back next to left, step left forward

DIAGONAL JUMP, CLAP, HIP SHAKE LEFT, DIAGONAL JUMP, CLAP, HIP SHAKE LEFT

&1&2 Angling body left (to 1:30), jump diagonally right onto right (to 4:30), bring left next to right keeping weight on right, hold position and clap hands or snap fingers
3&4 Angling body right (to 4:30), step left forward (to 1:30), shaking hips left, right, left
&5-6 Angling body left (to 1:30), jump diagonally right onto right (to 4:30), bring left next to right keeping weight on right, hold position and clap hands or snap fingers
7&8 Angling body right (to 4:30), step left forward (to 1:30), shaking hips left, right, left

CROSS ROCK, RECOVER & CROSS, BACK TURNING ¼ LEFT, ½ LEFT WALKING FORWARD RIGHT, LEFT, SIDE ROCK & CROSS

1-2 Squaring up to 3:00, right rock ball of foot across left, recover to left
&3-4 Right small step side right, left step across right, pivot ¼ left (toward 12:00) stepping right back
5-6 Pivot ½ left (toward 6:00) stepping left forward, step right forward
7&8 Left rock ball of foot side left, recover to right, left step across right

DIAGONAL STEP, TOUCH, ANGLED SIDE-CROSS-SIDE TRAVELING BACK, DIAGONAL STEP BACK, TOUCH, COASTER STEP

- 1-2 Angling body left (to 4:30), right step forward diagonally right (to 7:30), left touch next to right
3&4 Maintaining body angle, left step side left (to 1:30), right step across left, left step side left (to 1:30)
5-6 Angling body right (to 7:30), right step back diagonally right (to 10:30), left touch next to right
7&8 Squaring up to 6:00, left step ball of foot back, right step ball of foot next to left, step left forward

HITCH & SLIDE BACK, KICK & POINT, SAILOR STEP TURNING ¼ RIGHT, CROSS BALL CHANGE TURNING ½ LEFT

- 1&2 Raise right knee keeping right close to left calf, right step next to left, slide left toe back bending right knee
&3&4 Straighten up, left kick forward, left step next to right, right toe point side right
5&6 Right step ball of foot behind left, left small step side left pivoting ¼ right (to 9:00), step right forward
7&8 Left step across right, right step ball of foot back turning ¼ left (6:00), left step forward turning ¼ left (3:00)

REPEAT
