

Black Cat Walk

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Intermediate west coast swing
編舞者: Nancy Morgan (USA)
音樂: Black Cat - Janet Jackson



SIDE ROCK, CROSS SHUFFLE, SIDE ROCK, STEP BEHIND AND CROSS WITH ¼ TURN

1-2 Side rock right to right side and back to left
3&4 Cross right over left as you shuffle (right, left, right)
5-6 Side rock left to left side and back to right
7&8 Step left behind right, step right to right side as you turn ¼ turn to right, step left foot forward

FORWARD ROCK, ½ TURN SHUFFLE, 2 SAILOR SHUFFLES

1-2 Rock forward on right and back on left
3&4 As you turn ½ turn to your right, shuffle forward - right, left, right (lean hard on right)
5&6 Sailor shuffle - step left behind right, step right to right side, step left to side and slightly forward
7&8 Sailor shuffle - step right behind left, step left to left side, step right to side and slightly forward

CAMEL WALK

1-2-3 Step left foot forward with toe pointing towards 11:00, as you lift heel off of floor, slide right under left with right toe pointing at 1:00, lift right heel off of floor as you set your left heel down
4-5-6 Step right foot forward with toe pointing towards 1:00, as you lift heel off of floor, slide left under right with left toe pointing at 11:00, lift left heel off of floor as you set your right heel down
7-8 Step forward on left, slide right to left

TOUCH OUT, ½ TURN TOUCH TOGETHER, TOUCH OUT, SWIVEL LEFT, SWIVEL FORWARD, SWIVEL LEFT, SWIVEL FORWARD, STEP FORWARD, TOUCH

1-2 Touch right foot out to right side, swing right foot around in ½ turn to right as you put your right next to your left (½ Monterey)
3-4 Touch left toe out to left side, swivel both feet to left (¼ turn left)
5-6 Swivel both feet forward (¼ right), swivel both feet to left (¼ left)
7-8 Stepping ¼ turn to your right, slide left to right with a touch

REPEAT