

Armada Groove

COPPER KNOB
BY STEPHEN METZ

拍數: 32 牆數: 4 級數: Improver
編舞者: Sandy Kerrigan (AUS)
音樂: Hey Mambo (Italiano Mix) - Groove Armada



STEP FORWARD, FORWARD, RIGHT SIDE SAMBA CROSS, STEP BACK, BACK, LEFT SIDE SAMBA CROSS

1-2-3&4 Step right forward, step left forward, rock right to side, recover to left, cross right over left
5-6-7&8 Step left back, step right back, rock left to side, recover to right, rock left over right

RECOVER, STEP SIDE, RIGHT CROSS SHUFFLE, SIDE ROCK, RECOVER, BEHIND, ¼ RIGHT, FORWARD

1-2-3&4 Recover to right, step left to side, crossing shuffle stepping right, left, right (12:00)
5-6-7&8 Rock left to side, recover to right, cross left behind right, turn ¼ right and step right forward, step left forward

ROCK FORWARD, BACK, QUICK ROCKS, STEP BACK, ½ LEFT STEP FORWARD, LOCK SHUFFLE

1-2&3&4 Rock right forward, recover to left, rock right back, recover to left, rock right forward, recover to left (3:00)
5-6-7&8 Step right back, turning ½ left and step left forward, step right forward, lock left behind right, step right forward (9:00)

STEP FORWARD, STEP FORWARD, LEFT FORWARD COASTER, ½ RIGHT FORWARD, ½ RIGHT BACK, ½ TURN RIGHT WITH TRIPLE STEP, STEP LEFT FORWARD

1-2-3&4 Step left forward, step right forward, step left forward, step right together, step left back
5-6 Turn ½ right and step right forward, turn ½ right and step left back (9:00)
7&8& Triple in place turning ½ right stepping right, left, right, step left forward (3:00)

REPEAT
