

And Around We Go

COPPER **KNOB**
BY STEPHEN

拍數: 0 牆數: 2 級數: Intermediate
編舞者: Frank Cooper (CAN) & Rose Squire (CAN)
音樂: Olé Olé - 11:30



Sequence: INTRO ABB ABB AB ABB A ENDING

INTRO

STOMP RIGHT FORWARD, HOLD, HEEL SWITCHES LEFT & RIGHT, ROCK STEP LEFT FOOT, TRIPLE ½ TURN LEFT

1-2& Stomp right foot forward, hold, bring right foot home
3-4 Touch left heel forward, bring left foot home, touch right heel forward
&5-6 Bring right foot home, rock forward on left foot, recover weight onto right foot
7&8 Triple ½ turn to the left stepping left, right, left
9-16 Repeat steps 1-8

PART A

PADDLE FULL TURN LEFT, STEP LOCK STEP FORWARD RIGHT, STEP LOCK STEP FORWARD LEFT

&1 Slightly hitch right knee up, make a ¼ turn left pointing right toe to right side
&2-4 Repeat step &1 three more times to make a full turn to the left
5&6 Step forward on right, lock left foot up behind right, step forward on right
7&8 Step forward on left, lock right foot up behind left, step forward on left

ROCK & STEP FORWARD RIGHT, COASTER STEP BACK ON LEFT, ROCK & STEP FORWARD ON RIGHT, LEFT TOE BACK ¼ TURN LEFT

9&10 Rock forward on right, recover onto left, step together with right
11&12 Step back on left, step together with right, step forward on left
13&14 Rock forward on right, recover onto left, step together with right
15-16 Touch left toe back, pivot ¼ turn left putting weight on left

ROCK & STEP FORWARD ON RIGHT, LEFT TOE BACK ¼ TURN LEFT, ROCK & STEP FORWARD RIGHT, COASTER STEP BACK ON LEFT

17&18 Rock forward on right, recover onto left, step together with right
19-20 Touch left toe back, pivot ¼ turn left putting weight on left
21&22 Rock forward on right, recover onto left, step together with right
23&24 Step back on left, step together with right, step forward on left

STEP LOCK STEP FORWARD RIGHT, STEP LOCK STEP FORWARD ON LEFT, PADDLE FULL TURN LEFT

25&26 Step forward on right, lock left foot up behind right, step forward on right
27&28 Step forward on left, lock right foot up behind left, step forward on left
&29 Slightly hitch right knee up, make ¼ turn left pointing right toe to right side
&30-32 Repeat step &29 three more times to make a full turn to the left

PART B

CROSS RIGHT OVER LEFT, STEP LEFT FOOT SIDE, SAILOR WITH TOE, CROSS LEFT OVER RIGHT, STEP RIGHT FOOT SIDE, SAILOR WITH TOE

1-4 Cross right foot over left, step left foot to left side
3&4 Cross right foot behind left, step open with left, touch right toe to right side
&5-6 Bring right foot home, cross left foot over right, step right foot right side
7&8 Cross left foot behind right, step open with right, touch left toe to left side

CROSS RIGHT OVER LEFT, STEP LEFT FOOT SIDE, TRIPLE ½ TURN RIGHT, ROCK STEP, COASTER

- &9-10 Bring left foot home, cross right foot over left, step left foot to left side
- 11&12 Triple ½ turn right stepping right, left, right
- 13-14 Rock forward on left foot, recover weight onto right
- 15&16 Step back on left foot, step together with right, step forward on left foot

CROSS OVER, POINT SIDE, CROSS OVER, POINT SIDE, CROSS BEHIND, POINT SIDE, CROSS BEHIND, POINT SIDE

- 17-18 Cross right over left, point left toe to left side
- 19-20 Cross left over right, point right toe to right side
- 21-22 Cross right behind left, point left toe to left side
- 23-24 Cross left behind right, point right toe to right side

PIVOT ¼ TURN LEFT, PIVOT ¼ TURN LEFT, STOMP FORWARD 4X

- 25-26 Touch right toe forward, pivot ¼ turn left
- 27-28 Repeat counts 25-26
- 29-32 Stomp forward right, left, right, left

Optional: claps on the walk forward

ENDING

For the ending of the dance all you will do is the first 9 counts of the intro, which is

- 1-2& Stomp right foot forward, hold, bring right foot home
- 3-4 Touch left heel forward, bring left foot home, touch right heel forward
- &5-6 Bring right foot home, rock forward on left foot, recover weight onto right foot
- 7&8 Triple ½ turn to the left stepping left, right, left
- 9 Stomp right foot forward

Dance will end facing the front wall
