

Alive And Free

COPPER KNOB
BY STEPHENETS

拍數: 48 牆數: 2 級數: Intermediate
編舞者: Sylvia Schell (USA)
音樂: Who Wouldn't Wanna Be Me - Keith Urban



Count 48 counts and start the dance. This is before the vocal starts, but the dance will end with the music

SIDE, ROCK, RECOVER, ¼ TURN, ½ TURN, STEP BACK, COASTER STEP

- 1-2-3 Step left to left, rock back (5th position) with right, recover on left
4-5-6 Turn ¼ turn right stepping on right, spin ½ turn right on right while stepping back on left, step back on right
7&8 Step back on left, step back on right beside left, step forward on left

CROSS, BACK, BIG STEP, TOUCH, CROSS, RECOVER, ¼ TURN, TOUCH

- 1-2 Cross right over left, step back with left
3-4 Step big step to right with right, touch left beside right
5-6 Cross rock left over right, recover on right
7-8 Turning ¼ turn left step forward on left, touch right beside left

STEP RIGHT, ROCK, RECOVER, STEP LEFT, ROCK, RECOVER, SHUFFLE

- 1-2-3 Step right to right side, rock back (5th position) on left, recover on right
4-5-6 Step left to left side, rock back (5th position) on right, recover on left
7&8 Shuffle forward (right, left, right)

½ TURN, STEP, COASTER STEP, RIGHT MONTEREY TURN, ROCK RIGHT

- 1-2 Spin ½ turn right on right while stepping back on left, step back on right
3&4 Step back on left, step back on right beside left, step forward on left foot
5-6 Touch right toe to right side, turn ½ turn to right on ball of left stepping on right
7-8& Touch left toe to left, step on ball of left beside right, rock onto right beside left

ROCK, RECOVER, BACK RONDÉS LEFT, RIGHT, LEFT, ROCK, SHUFFLE

- 1-2 Rock forward on left, recover on right
3 Swing left foot to left and step back on it
4 Swing right foot to right and step back on it
5-6 Swing left foot to left and step back on it, rock forward on right
7&8 Shuffle forward (left, right, left)

STEP RIGHT, ROCK, RECOVER, STEP LEFT, ROCK, RECOVER, SHUFFLE

- 1-2-3 Step right to right side, rock back (5th position) on left, recover on right
4-5-6 Step left to left side, rock back (5th position) on right, recover on left
7&8 Shuffle forward (right, left, right)

REPEAT
