

All The Right Mooves

COPPER KNOB
BY STEPHEN METELNICK

拍數: 0 牆數: 4 級數: Beginner
編舞者: Peter Metelnick (UK)
音樂: Cow Cow Girl - Ronnie Beard



Sequence: AAAB, AAAB, etc.

PART A - OUT TO PASTURE

This pattern is danced when facing front, left side, and back walls.

RIGHT, LEFT, RIGHT HEEL STEPS, LEFT HEEL TAP FORWARD TWICE

- 1-4 Touch right heel forward, step right foot together, touch left heel forward, step left foot together
5-8 Touch right heel forward, step right foot together, touch left heel forward twice

LEFT BACK, RIGHT CROSS OVER, LEFT SIDE ROCK & RECOVER, LEFT SAILOR SHUFFLE, 3 HITCH TURNS TURNING ½ LEFT

- &1 Step left foot back, cross step right foot over left
2-3 Step left foot to left side and rock, recover weight on right foot
4&5 Cross step left foot behind right, step right foot to right side, step left foot slightly left
&6 Hitch right knee up and pivot slightly left on left foot, touch right foot down
&7&8 Repeat &6 twice

At the end of &6&7&8 you will have completed a ½ turn left with weight ending on left foot

VINE RIGHT 3, STEP LEFT TOGETHER, RIGHT SAILOR SHUFFLE, HEEL SWIVELS RIGHT & LEFT

- 1-2 Step right foot to right side, cross step left foot behind right
3-4 Step right foot to right side, step left foot together
5&6 Cross step right foot behind left, step left foot to left side, step right foot slightly to the right
Shift weight so that weight ends up on both feet
7-8 Swivel both heels to the right, swivel both heels to the left

HEEL SWIVEL RIGHT WITH ¼ LEFT, LEFT FORWARD SHUFFLE, RIGHT FORWARD, ½ LEFT PIVOT TURN, WALK FORWARD 4

- & Swivel both heels to the right, turning ¼ left and shift weight to right foot
Option – lift left foot slightly off the floor
1&2 Step left foot forward, step right foot together, step left foot forward
3-4 Step right foot forward, pivot ½ left
5-8 Walk forward right, left, right, left

PART B - BACK TO THE BARN

This pattern is danced when facing right side wall. You will end up facing front wall ready to start Part A.

RIGHT FORWARD SHUFFLE, LEFT FORWARD, ½ RIGHT PIVOT TURN, LEFT FORWARD SHUFFLE, RIGHT FORWARD, START OF ¾ TURN LEFT

- 1&2 Step right foot forward, step left foot together, step right foot forward
3-4 Step left foot forward, pivot ½ turn right
5&6 Step left foot forward, step right foot together, step left foot forward
7-8 Step right foot forward, pivot ½ turn left

Weight ends on left foot

COMPLETION OF ¾ TURN LEFT, HOLD, 4 RIGHT HEEL LIFTS

- 1 Pivot ¼ left on left foot and stomp right foot together

Weight remains on the left foot. You should now be facing the front wall

2-4 Hold
&5&6 Raise right heel off the floor, lower right heel to the floor, repeat &5
&7&8 Repeat &5&6
Weight remains on left foot
