

All Tied Up

COPPER KNOB
BY STEPHEN METZ

拍數: 40 牆數: 0 級數:
編舞者: Max Perry (USA) & Kathy Hunyadi (USA)
音樂: Tied To The Track - Mary Beth Sippin



HEEL TOUCHED FORWARD

- 1-4 Touch right heel forward, touch right toes next to left foot, touch right heel forward, step right foot together with left foot
- 5-8 Touch left heel forward, touch left toes next to right foot, touch left heel forward, step left foot together with right foot

SLAP LEATHER

- 9-12 Touch right toes out to right side, hitch right knee up and slap with left hand, touch right toes out to right side, step right foot next to left foot
- 13-16 Touch left toes out to left side, hitch left knee up and slap with right hand, touch left toes out to left side, step left foot next to right foot

KICK, TOUCH, KICK, TOUCH, KICK, TOUCH, STEP RIGHT, HOLD, CLAP

- 17-18 Kick right foot out to right side, cross right foot behind left and touch right toes to floor
- 19-20 Kick right foot out to right side, cross right foot in front of left and touch right toes to floor
- 21-22 Kick right foot out to right side, cross right foot behind left and touch right toes to floor
- 23-24 Step to right side on right foot, hold and clap

RIGHT KNEE CHUGS WITH ½ TURN LEFT

- 25-32 With weight on ball of left foot, lift right knee up and down as you turn 1/8 turn with each hitch to complete ½ turn to left

You can keep the knee in the air for the entire turn or touch toes to floor for balance. You will not be scooting forward)

GRAPEVINE RIGHT, BRUSH, GRAPEVINE LEFT, TOUCH

- 33-36 Step to right on right foot, cross step left foot behind right, step to right on right foot, brush left foot forward
- 37-40 Step to left on left foot, cross step right foot behind left, step to left on left foot, touch right foot next to left

REPEAT