

Body And Soul

COPPER KNOB
BY STEPHEN METZ

拍數: 24 牆數: 4 級數: Improver
編舞者: Barry Durand (USA)
音樂: Body and Soul - Anita Baker



Step Taps

1,2,3 Step Forward L, Tap together R, Hold
4,5,6 Step Back R, Tap together L, Hold

Box Step (half), Back Lock

1,2,3 Forward L, side R, together L,
4,5,6 Back R, Back L, Lock (cross) R in front of L

Traveling Pivot turn

1,2,3 Step back L , turn ½ turn right step forward R, continue turning ½ turn right and step back L
4 continue turning ½ turn right and step forward R,
5,6 sweep left foot while turning ½ turn right on R foot

Cross unwind turn, ronde, cross behind ¼ turn

&1,2,3 Step forward L, Cross R behind L, unwind to right keeping weight forward on left a full turn
and ronde (sweep) R
4,5,6 Cross R behind L, turn ¼ turn left and step forward L, step forward R

Repeat

Restart: Going into the 7th wall do the first 1-6 and then restart it again. She says ?Do You Hear me Baby?? what she means is Can you Restart Baby J, You could restart later in the song also , but it is near the end of the song so just keep dancing right though it. I would suggest a fade about 3:15