

Set Sail

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Greg Van Zilen (USA) - December 2007
音樂: Everything I Know About Leavin' - Annie Sims : (CD: Annie)



RIGHT KICK-STEP-TOUCH, LEFT KICK-STEP-TOUCH, SWITCH-TOUCH, MONTEREY TURNING LEFT, RIGHT TOUCH & TOUCH

1&2 Kick right foot forward; step right foot slightly forward; touch left toe to side
3&4 Kick left foot forward; step left foot slightly forward; touch right toe to side
&5 Step right foot next to left; touch left toe to side
6 Pivot ½ turn left on ball of right foot stepping left foot next to right
7&8 Touch right toe to side; touch right toe next to left foot; touch right toe to side

RIGHT SAILOR, LEFT SAILOR, TOUCH BACK RIGHT, ½ TURN RIGHT, HEEL JACK

9&10 Cross right foot behind left; step left foot to side; step right foot to side
11&12 Cross left foot behind right; step right foot to side; step left foot to side
13-14 Touch right toe back; pivot on balls of feet ½ turn right, ending with weight on left foot
&15 Step right foot back; touch left heel forward
&16 Step left foot home; touch right toe next to left foot

RIGHT KICK-BALL-STEP, BOUNCING ¼ TURN RIGHT, RIGHT SAILOR, LEFT SAILOR

17&18 Kick right foot forward; step on ball of right foot next to left; step left foot forward
19&20 Make ¼ turn right while bouncing heels 3 times, ending with weight on left foot
21&22 Cross right foot behind left; step left foot to side; step right foot to side
23&24 Cross left foot behind right; step right foot to side; step left foot to side

STEP RIGHT, ½ TURN LEFT, RIGHT SHUFFLE FORWARD, LEFT FORWARD ROCK STEP, LEFT COASTER STEP

25-26 Step right foot forward; pivot ½ turn left, transferring weight to left foot
27&28 Step right foot forward; step left foot next to right; step right foot forward
29-30 Step left foot forward; recover onto right foot
31&32 Step left foot back; step right foot next to left; step left foot forward

REPEAT
