

Fast Company

COPPER KNOB
BY STEPHEN METZ

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Larry Schmidt (USA) - February 2008
音樂: Fast Company - Eagles



FOUR TRAVELLING PIVOT POINTS

- 1 Pivot ¼ left on left foot pointing right toe to right side
- 2 Step down on right foot turning ¼ right
- 3 Pivot ¼ right on right foot pointing left toe to left side
- 4 Step down on left foot turning ¼ left
- 5 Pivot ¼ left on left foot pointing right toe to right side
- 6 Step right back foot turning ¼ left
- 7 Pivot ¼ left pointing left toe to left side
- 8 Step down on left foot

KICK, OUT-OUT, HOLD, BACK-BACK, CROSS BEHIND, UNWIND, ROCK, ROCK

- 1&2 Kick right in front of left, step right foot right, step left foot left
- 3 Hold
- &4 Step right foot back, step left foot back
- 5-6 Cross right behind left, unwind ½ right onto right foot
- 7-8 Rock left onto left, rock right onto right

LONG STEP, DRAG, BALL CROSS, SIDE, BEHIND-SIDE-CROSS, HOP, TOUCH, KNEE, KNEE

- 1-2 Long step left with left foot, drag right toe toward left foot
- &3-4 Step ball of right foot behind left, cross left over right, step right foot right
- 5&6 Cross left behind right, step right foot right, cross left over right
- &7&8 Hop right onto right foot, touch left foot next to right, rotate left knee left (out), rotate left knee right (in)

ROCK BACK, ROCK SIDE, ROCK FORWARD, ¼ TURNING COASTER

- 1-2 Rock left foot behind right, recover to right
- 3-4 Rock left foot to left side, recover to right
- 5-6 Rock left foot forward, recover to right
- 7&8 Hook left foot behind right turning ¼ left, step right next to left, step left foot forward

REPEAT

RESTART: DURING the 4th repetition replace counts 15-16 (rock left - rock right) with:

SIDE-BEHIND-TURN

- 15&16 Step left foot left, cross right behind left, step left forward turning ¼ left

Then start over with the pivot-points

ENDING: At the END of the dance after the last ¼ turning coaster, (you will be facing the back wall) instead of starting over with a ¼ pivot-touch, do a ½ pivot left and sit back on the right foot. You should now be facing the front wall