

Lighthouse Charlston

COPPER **KNOB**
BY STEPHEN

拍數: 32 牆數: 4 級數: Beginner
編舞者: Mavis Broom (UK) - June 2008
音樂: I Want to Marry a Lighthouse Keeper - Erica Eigen : (Album: Clockwork Orange, M & S Advert)



Dance Starts after 16 Counts (Vocals).

Dance rotates in a Clockwise direction.

Music suggestion: Sea Salt Sally Floor Split or Any Charlston Beat

(1-8) BACK RIGHT CHARLSTON FLICKS X 2, HIP BUMPS

- 1-2 Flick Right to Back Right diagonal, Touch Right Toe Next to Left.
- 3-4 Flick Right to Back Right diagonal, Step onto Right.
- 5-6 Bump hips, Right, Left.
- 7-8 Bump hip, Right, Hold. (weight on right)

(9-16) LEFT BACK CHARLSTON FLICKS X 2, HIP BUMPS

- 1-2 Flick Left to Back Left Diagonal, Touch Left Toe Next to Right
- 3-4 Flick Left to Back Left Diagonal, Step onto Left.
- 5-6 Bump Hips, Left. Right.
- 7-8 Bump hip, Left, Hold. (weight on Left)

(17-24) SLOW CHARLSTON WITH ¼ TURN RIGHT

- 1-2 Swing Right Forward, Touch Right Toe Forward.
- 3-4 Swing Right Back Turning ¼ Right, Step Right Next to Left.
- 5-6 Swing Left Back, Touch Left Toe Back.
- 7-8 Swing Left Forward, Step Left Next to Right.

(25-32) TWIST HEELS, TOES, HEELS, CLAP. HEELS TOES HEELS CLAP

- 1-2 (weight on toes) Twist Heels Right, (weight on heels) Twist Toes Right.
- 3-4 (weight on toes) Twist Heels Right, Clap.
- 5-6 (weight on toes) Twist Heels Left, (weight on heels) Twist Toes Left.
- 7-8 (weight on toes) Twist Heels Left, Clap. (weight ends on left).

Optional Hand movements: On Counts 1-8 With Palms facing outwards, rotate both hands anti-clockwise twice. Counts 9-16 rotate hands clockwise twice

Choreographers Note on wall 3 counts 25-32 (Heel/Toes) The Music Slows down, just carry on slowly and start again as normal when the music kicks in. The Music is a short track so Dance it twice!

HAVE FUN!! AND SING ALONG