

Control My Feet

COPPERKNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Crazy Chris (UK) - July 2008
音樂: Blame It On The Boogie - Jay Kid : (3:35)



Walk Walk, Together Together Forward, Lock Step Step Back, Touch Turn.

1,2, Walk Back L, R,
3&4 Step L Beside R, Step R Beside L, Step Forward L,
5&6 Lock R Behind L, Replace Weight Onto L, Step Back R,
7,8 Touch L Toe Back, Unwind ½ Turn Over L Shoulder Taking Weight Onto L.

(6 o'clock)

Rock & ¼ Cross, Out Out, L Twist, Right Twist, Left Twist x2.

1&2 ¼ Turn L Rocking R Foot To R Side, Recover Onto L, Cross R Over L,
3,4 Step L Forward To L Diagonal, Step R Forward To R Diagonal, (feet should be shoulder with apart)
&5&6 Twist L Heel Out, In, Twist R Heel Out, In,
&7&8 Twist L Heel Out, In, Out, In. (Take Weight onto L on count 8)

(3 o'clock)

Sailor Step, Behind & In front, Rock & ½ Rock &, ½ Rock & Cross.

1&2 Step R Behind L, Step L To L Side, Step R To R Side,
3&4 Step L Behind R, Step R To R Side, Cross L Over R,
5&6& Rock R To R Side, Recover onto L, ½ Turn Over R Shoulder Rocking R To R Side, Recover onto L,
7&8 ½ Turn over L shoulder Rocking R To R Side, Recover Onto L, Cross R Over L.

(The ½ rock turns are a little fast, please only twist your body ¼ of a turn and let your feet do the rest of the work)

(3 o'clock)

Side Behind, & Heal Ball Step, Walk Walk, Scuff Hitch Step Back.

1,2 Step L To L Side, Step R Behind L,
&3&4 Step L To L Side, Dig R Heal Forward, Step R Beside L, Step L Forward,
5,6 Walk Forward R, Walk Forward L,
7&8 Scuff R Forward, Hitch R Knee, Step R Back.

(3 o'clock)

Note: Dance Finishes On Front Wall At The End Of The Dance, Please Emphasised A Big Hitch And Large Step Back To Finish.