

Ooh! Nananana

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Improver
編舞者: Ria Vos (NL) - October 2008
音樂: Get Up! - Captain Jack : (Album: Greatest Hits)



Intro : 32 counts

Cross, step Back, & Cross, Side Step, Sailor ¼ Turn Left, Step Forward, ½ Turn Right

1-2 Cross R over L, Step L back
&3 Step on ball of R next to L (slightly back) cross L over R
4 Step R to right side
5&6 Left sailor ¼ turn left
7-8 Step R forward, ½ turn right –step L back

Shuffle ½ Turn Right, Rock Fwd, Diagonal Steps Back With Touch, Rock Back

1&2 R shuffle ½ turn right
***Option: count 7-8 first section and count 1&2 second section:**
(7-8) walk forward R, L, (1&2) R shuffle forward
3-4 Rock L forward, Recover on R
&5 Step L back on left diagonal, touch R next to L
&6 Step R back on right diagonal, touch L next to R
7-8 Back rock L, Recover on R

Rock Fwd, Triple ¾ Turn Left, Step Forward, ½ Turn Right, ¼ Turn Right, Hold &Clap x2

1-2 Rock fwd on L, recover on R
3&4 Triple ¾ turn left- stepping L, R, L
5-6 Step R forward, ½ turn right step L back
7&8 Turn ¼ right step R to R side, hold and clap twice

Hitch-Ball-Heel Grind, Behind-Side-Cross, Bump Left-Right-Left

1& Hitch L, step on ball of L next to R
2-3 Heel grind R over L, step L to left side
4&5 Cross R behind L, step L to left side, cross R over L
6-7-8 Step L to left side with hip bump left, bump hip right, bump hip left
(slightly bend your knees on the hip bumps)