

Born 2 Dance

COPPER **NOB**
BY STEPSHEETS

拍數: 32 牆數: 2 級數: Improver
編舞者: Julia Ann Kennedy (USA) - October 2008
音樂: Dancing Feet - Dave Sheriff : (CD: Best Of Dave Sheriff Vol. 3)



Music:

I Wanna Thank You Baby by Delbert McClinton-CD The Best Of Delbert McClinton on iTunes
My Sweet Baby by Delbert McClinton-CD The Jealous Kind on iTunes

THREE STEP RIGHT JAZZ BOX, 3 STEP LEFT JAZZ BOX, RIGHT KICK BALLCHANGE

1 – 3 Step right over left, step left back, step right next to left
4 – 6 Step left over right, step right back, step left next to right
7 & 8 Right kick ball change

RIGHT ROCK, RECOVER, RIGHT BACK COASTER, LEFT ROCK, RECOVER ¼ TURN LEFT, SHUFFLE LEFT

1 – 2 Right rock forward recover back on left
3 & 4 Step back on right, back on left, forward on right
5 – 6 Left rock forward recover back on right w/1/4 turn left
7 & 8 Step left, right next to left, step left

HEEL, HEEL, STEP ¼ TURN, RIGHT SAILOR, LEFT SAILOR

1&2& Right heel front, step on right, left heel front, step on left
3 – 4 Step right forward, turn ¼ onto left foot
5 & 6 Step right foot behind left, step left foot to left, step right foot diagonally forward to right
7 & 8 Step left foot behind right, step right foot to right, step left foot diagonally forward to left

STEP, HIP BUMPS RIGHT, LEFT, RIGHT, LEFT

1 – 2 Step right forward, bump right hip forward
3 – 4 Step left forward, bump left hip forward
5 – 6 Step right forward, bump right hip forward
7 – 8 Step left forward, bump left hip forward

Optional: full turns on counts 1 – 4 with hip bumps

If you are not dancing, you're wasting your feet!