

Hang On St Christopher

COPPER KNOB
BY STEPHEN

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Annette Skaff (CAN) - November 2008
音樂: Hang On St. Christopher - Rod Stewart : (CD: A Spanner In The Works)



Start dancing on lyrics

Hip Bumps, Shuffle Forward Right, Hip Bumps, Shuffle Forward Right

1&2 Bump left hip forward, bump right hip back, bump left hip forward stepping on left
3&4 Shuffle forward right, left, right
5-8 Repeat counts 1-4

Rock, Recover, Touch Side, Hold, Left Sailor, Right Sailor

1-2 Rock forward left, recover right
3-4 Touch left toe to side, hold
5&6 Cross left behind right, step right to side, step left beside right
7&8 Cross right behind left, step left to side, step right beside left

RESTART: from here DURING 2nd sequence

Rock Back, Recover, Side Shuffle, ½ Right, Side Shuffle, Rock Back, Recover

1-2 Rock back left, recover right
3&4 Side shuffle left, right, left
&5&6 Make a crisp ½ turn right, side shuffle right, left, right
7-8 Rock back left, recover right

Vine Left With A Hitch, Toe Switches Right, Left, Right, Hitch

1-4 Step left to side, cross right behind, step left to side, lift right knee

Option: rolling vine left

5&6&7-8 Touch right toe to side, step right beside left, touch left toe to side, step left beside right, touch right toe to side, lift right knee

Cross, Point, Behind Turn Step, Right Knee Roll, Left Knee Roll

1-2 Cross right over left, point left toe to side
3&4 Cross left behind right, make ¼ turn right stepping on right, step left forward
5-6 With right toe touching forward roll right knee from left to right stepping on right
7-8 With left toe touching forward roll left knee from right to left stepping on left

Rock, Recover, ½ Shuffle Right, Touch Left Toe Forward, Body Roll

1-2 Rock forward right, recover left
3&4 Shuffle right, left, right making ½ turn right

Option for counts 3&4: 1 ½ turning shuffle right

5-8 Touch left toe forward, three count body roll

Option for counts 5-8: touch left toe forward, hold, dip down, up

REPEAT

RESTART: Restart AFTER 16 counts DURING the 2nd sequence of the dance

TAG: At the END of the 7th sequence (second time at the back wall)

Rock Back, Recover, Left Kick Ball Change, Rock Forward Left, Recover, Left Coaster, Rock Forward Right, Recover, Right Coaster

1-2 Rock back left, recover
3&4 Kick left forward, step on left, step right beside left

5-6 Rock forward left, recover right
7&8 Step back left, step right beside left, step forward left

9-10 Rock forward right, recover left
11&12 Step back right, step left beside right, step forward right
