

Togetherness

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Beginner
編舞者: Henry Costa (USA) - February 2009
音樂: Uptown Girl - Billy Joel : (CD: Innocent Man)



Or Music:

Never Loved Before (137 BPM) by Alan Jackson CD: Good Time
Hey Baby (126 BPM) by Alabama CD: Dancin' on the Boulevard
Little Miss Honky Tonk (156 BPM) by Brooks & Dunn CD: Greatest Hits
Me & My Baby (85 BPM) by Dave Sheriff CD: Best of Vol. 1
I Knew The Bride (179 BPM) by Dean Brothers CD: Family Album by Request
The More Love, The Better (100 BPM) by Aaron Kwok CD: The Best Collection

(Right) Toe, Heel, Hitch, Step, (Left) Toe, Heel, Hitch, Step

- 1-4 Turn RIGHT toe inward and touch next to LEFT, touch RIGHT heel next to LEFT (With right toe pointing outward in angle), RIGHT hitch up, step RIGHT next to LEFT (feet facing forward 12:00)
- 5-8 Turn LEFT toe inward and touch next to RIGHT, touch LEFT heel next to RIGHT With LEFT toe pointing outward in angle, LEFT hitch up, step LEFT next to RIGHT (WEIGHT NOW ON BOTH FEET - feet facing forward 12:00)

Swivel To Left (Toe, Heel, Toe, Center), V-Step (Out, Out, In, In)

- 1-4 Swivel both toes left, swivel both heels left, swivel both toes left, Swivel both heels together. (end with both feet pointing forward 12:00 - WEIGHT ON LEFT)
- 5-8 RIGHT step forward 45 degree angle, LEFT step forward 45 degree angle (feet should be parallel) RIGHT step back to center, LEFT step back to center next to RIGHT (WEIGHT NOW ON BOTH FEET - feet facing forward 12:00)

Swivel To Right (Heel, Toe, Heel, Center), V-Step (Out, Out, In, In)

- 1-4 Swivel both heels right, swivel both toes right, swivel both heels right, Swivel both heels together. (end with both feet pointing forward - WEIGHT ON LEFT)
- 5-8 RIGHT step forward 45 degree angle, LEFT step forward 45 degree angle (feet should be parallel) RIGHT step back to center, LEFT step back to center next to RIGHT (WEIGHT ON LEFT)

Forward, ¼ Turn, Straight Count Sailor Shuffles

- 1-2 Forward right, ¼ turn left (weight on left)
- 3-4 Cross right behind left, step left to left side,
- 5-6 Step right in place, Cross left behind right,
- 7-8 Step right to right side, step left in place (WEIGHT ON LEFT)

Begin Again!

henrycosta@hotmail.com / henrycosta.freeyellow.com