

Hit The Ground

COPPER KNOB
BY STEPHEN METZ

拍數: 16 牆數: 4 級數: Beginner WCS
編舞者: Dixie Lippe (SWE) - March 2009
音樂: Love - Matt White



40 Count Intro

WALK, WALK, ANCHOR STEP, ROCK BACK, ¼ TURN RIGHT, TOUCH

- 1 Step forward on RF
- 2 Step forward on LF
- 3&4 Step RF behind LF in pos. 3, rock forward on LF, recover onto RF
- 5,6 Rock back on LF, recover onto RF
- 7,8 Turn ¼ right stepping LF to side, touch RF beside LF

SYNCOPATED SIDE STEPS, HIP BUMP, KICK BALL CHANGE

- 1,2 Step RF to side, hold (snap fingers)
- & Step LF beside RF
- 3,4 Step RF to side, hold (snap fingers)
- 5,6 Touch left toe forward with hip bump, step down onto LF
- 7&8 Kick RF forward, step RF beside LF, change weight onto LF

TAG: After wall 12, add the following 4 counts:

ROCKING CHAIR

- 1-2 Rock forward onto right, recover onto left
- 3-4 Rock back onto right, recover onto left

And then just go on.
