

Makin' It

COPPER **NOB**
BY FRANK TRACE

拍數: 32 牆數: 4
編舞者: Frank Trace (USA) - May 2009
音樂: Makin' It - David Naughton

級數: Easy Intermediate



Or: "Sideways" by Dierks Bentley (112 bpm)

JAZZ BOX WITH 1/4 TURN, JAZZ BOX WITH 1/4 TURN

- 1-4 Cross Right over Left, step Left back, turning 1/4 right step on R, step Left next to Right (3:00)
5-8 Cross Right over Left, step Left back, turning 1/4 right step on R, step Left next to Right (6:00)

PIVOT 1/2 LEFT, SHUFFLE FORWARD, ROCK, RECOVER, TURN 1/4 LEFT SIDE SHUFFLE

- 1-2 Step Right forward, pivot 1/2 turn left (12:00)
3&4 Shuffle forward stepping Right, Left, Right
5-6 Rock forward on Left, recover onto R
7&8 Turning 1/4 left, side shuffle stepping Left, Right, Left (9:00)

JAZZ BOX 1/4 TURN RIGHT, "V" STEP (Optional Jazz Hands)

- 1-4 Cross step Right over Left, step Left back, turning 1/4 right, step Right to right side, step Left next to Right (12:00)
5-6 "V" Step: Step Right forward diagonally right, (Raise right hand shoulder high with palms out and fingers spread), Step Left forward diagonally left, (Raise left hand shoulder high with palms out and fingers spread)
7-8 Step Right back and under body, (Lower right hand next to right hip, palms facing back and fingers spread), step Left back and next to Right, (Lower left hand next to left hip, palms facing back and fingers spread)

Note: Arm and hand movements on the "V" step is optional.

ROCK FORWARD, RECOVER, TURN 1/4 RIGHT SIDE SHUFFLE, WEAVE RIGHT, POINT TOE OUT

- 1-2 Rock forward on Right, recover onto Left
3&4 Turning a 1/4 right, side shuffle stepping Right, Left, Right (3:00)
5-8 Step Left over Right, step Right to right side, step Left behind Right, Point Right toe to right side

(Optional: Point right index finger up over head to the left diagonal)

REPEAT

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