

Spirits Up

COPPER KNOB
BY STEPHEN T. S.

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Siu Selfridge - May 2009
音樂: Up - The Saturdays



JAZZ BOX, RIGHT FORWARD, ¼ LEFT PIVOT TURN, RIGHT FORWARD, ¼ LEFT PIVOT TURN

1-4 Cross right over left, step left back, step right to right, step left together
5-6 Step right forward, pivot ¼ left turn
7-8 Repeat 5-6

RIGHT GRAPEVINE HEEL JACK, RIGHT KICK FORWARD, LEFT CROSS TOUCH, ¼ TURN LEFT SHUTTLE

1-4 Step right to right side, cross left behind right, step right back, touch left heel forward
5-6 Kick right forward, cross touch left toe over right
7&8 Turn ¼ left step left forward, step right together, step left forward

LEFT FULL TURN, ROCKING CHAIR, RIGHT SIDE, LEFT BEHIND, TURN ¼ RIGHT, LEFT FORWARD

1-2 Make ½ turn left stepping back on right, Make ½ turn left stepping forward on left
(Optional: walk right forward, walk left forward)
3&4& Rock right forward, recover on left, rock right back, recover on left
5-8 Step right to side, cross left behind right, turn ¼ right to right side, step left forward

KICK OUT, OUT, HIP BUMPS (RIGHT RIGHT-LEFT LEFT), RIGHT BACK, STEP LEFT ¼

&1-2 Kick right forward, step right slightly right, step left slightly left
3-4 Weight on right and push hips to right twice
5-6 Shift weight to left and push hips to left twice
7-8 Step right back, step left ¼ left side

REPEAT
