

Those Were The Days

COPPER KNOB
BY STEPHEN HETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Rebecca Armstrong (SCO) - June 2009
音樂: Back To the 80's - Aqua : (Album: Greatest Hits)



(1-8) CROSS, SIDE, ROCK RECOVER, SIDE, BEHIND, SIDE ¼, FWD SHUFFLE

1-2 step R across L, step L to L side
3&4 rock R behind L, recover on to L, step R to R side
5-6 step L behind R, make ¼ turn R stepping R to R side
7&8 step fwd on L, step R beside L, step fwd on L

(9-16) CROSS BACK SIDE ¼ CROSS POINT, TOUCH KICK, BACK LOCK STEP

1-2 step R across L, step back on L
3&4 make ¼ turn R stepping R to R side, step L across R, point R to R side
5-6 touch R beside L, kick R fwd
7&8 step back on R, lock L across R, step back on R

(17-24) KICK FWD, KICK SIDE, SAILOR STEP, ROCK FWD RECOVER, ¾ SHUFFLE

1-2 kick L fwd, kick L to L side
3&4 step L behind R, step R to R side, step L to L side
5-6 rock fwd on R, recover on L
7&8 make ½ turn R stepping fwd on R, step L beside R, make ¼ turn R stepping fwd on R

(25-32) WALK WALK, HEEL TWISTS ¼ L, CROSS ¼ SIDE, L SIDE SHUFFLE

1-2 step fwd on L, step fwd on R
3&4 twist heels to R, bring heels back to centre, make ¼ turn L twisting heels to R (keeping weight on R foot)
5-6 step L across R, make ¼ turn L stepping back on R
7&8 step L to L side, step R beside L, step L to L side

Thanks to William for the music tip!!

<http://www.msplinks.com/MDFodHRwOi8va...>

EMAIL: becciarmsstrong@aol.com