

Number One

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Marjorie Barnabas-Shaw (MY) - August 2009
音樂: Just The Way You Like It - The S.O.S. Band : (Album: The Very Best of SOS Band)



Intro Count: 64 counts on strong beat. Start dancing on vocals

Structure: Repeating with no tag, bridge or restart

Rhythm: Rock

A. LUNGE RIGHT & RIGHT CHASSE, VINE RIGHT, ROCK AND CROSS.

1-2 Lunge right. Recover weight onto left.
3&4 Step right to right side. Close left beside right. Step right to right side.
5&6 Cross left behind right. Step right to right side. Cross left over right.
7&8 Rock right to right side. Recover onto left. Cross right over left.

B. STEP BACK LEFT- RIGHT, HEEL & CROSS, STEP BACK, ½ RIGHT, FWD. SHUFFLE.

1-2 Step back left. Step back right.
3&4 Dig left heel forward. Step left beside right. Cross right over left.
5-6 Step back left. Turn ½ right stepping forward on right.
7&8 Step forward left. Close right beside left. Step forward left.

C. ¼ LEFT, CROSS BACK, SIDE, CROSS BACK, ¼ RIGHT, SIDE, CROSS BACK, ¼ LEFT.

1-2 Turn ¼ left stepping back right to right side. Cross left behind right.
3-4 Step right to right side. Cross left behind right.
5-6 Turn ¼ right stepping right forward. Step left to left side.
7&8 Cross right behind left. Turn ¼ left stepping forward on left.

D. TOE TOUCHES, RIGHT COASTER, ROCK AND ½ LEFT SHUFFLE TURN.

1-2 Touch right toe to right side. Touch right toe forward.
3&4 Step back right(in a sweeping manner). Step left beside right. Step forward right.
5-6 Rock forward left. Recover onto right.
7&8 Shuffle 1/2 turn left

~~***~~ **DANCE LIKE YOU HAVE NEVER DANCED BEFORE** ~~***~~

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