

A Few Minutes

COPPER KNOB
BY STEPHEN

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Vikki Morris (UK) - February 2010
音樂: It Don't Take But a Few Minutes - The Refreshments : (Album: Both Rock N Roll)



Start on the lyrics –8 counts in

RIGHT LOCK STEP SCUFF, LEFT LOCK STEP SCUFF

1-2 Step Fwd Right, Lock Left Behind
3-4 Step Fwd Right, Scuff Left Fwd
5-6 Step Fwd Left, Lock Right Behind Left
7-8 Step Fwd Left, Scuff Right Fwd

RIGHT ROCKING CHAIR, KICK X2, BACK ROCK

1-2 Rock Right Fwd, Recover on Left
3-4 Rock Right Back, Recover on Left
5-6 Low Kick Right Fwd Twice
7-8 Rock Back Right, Recover on left

STEP ¼ TURN LEFT CROSS, HOLD, ½ TURN RIGHT STEP FORWARD, HOLD

1-2 Step Fwd Right, Turn ¼ Turn left (weight on left)
3-4 Cross Right over Left, Hold (9 0 clock)
5-6 Turn ¼ turn Right, stepping back on Left, Turn ¼ Turn Right Stepping Right Side
7-8 Step Fwd Left, Hold (3 0 clock)

RIGHT MAMBO FORWARD HITCH, LEFT COASTER STEP, STEP

1-2 Rock Fwd Right, Recover on Left
3-4 Step Right Slightly Back, Hitch Left Knee
5-6 Step Left Back, Step Right To Left
7-8 Step Left Fwd, Step Right Behind Left (3rd Position)

HEEL TWISTS STEP BACK, HEEL TWISTS

1-3 On Balls of Feet, Twist Heels Out, In, Out
4 Step Back on Ball Of Left Behind Right as You Twist Right In (3rd Position)
5-6 Twist Heels Out, In
7-8 Twist Heels Out, In (put weight on left after last twist)

RIGHT MAMBO BACK, HOLD, STEP LEFT ¼ TURN RIGHT CROSS, HOLD

1-2 Rock Right Back, Recover on Left
3-4 Step Right Fwd, Hold
5-6 Step Fwd Left, Turn ¼ Turn Right (weight on right)
7-8 Cross Left over Right, Hold (6 0 clock)

STEP RIGHT, LEFT HEEL TOE, HEEL, RIGHT SIDE ROCK STOMP, HOLD

1 Step Large Step to Right
2-4 On Ball Of Left, Twist Left Heel to Right, Put weight on it, On Heel of Left, Twist Left Toe To Right, Put Weight On it, On Ball Of Left, Twist Left Heel to Right, Put weight on it
5-6 Rock Right to Right, Recover Left
7-8 Stomp Right in Place, Put weight on Both Feet (Hold Step)

RIGHT SWIVET, LEFT SWIVET, RIGHT SWIVET, TOE SPLITS

1-2 On Ball Of Left and Heel Of Right, Twist Toes Right, Bring Back in Place
3-4 On Ball of Right and Heel of Left, Twist Toes Left, Bring Back in Place

5-6 On Ball Of Left and Heel Of Right, Twist Toes Right, Bring Back in Place

7-8 On Heels of Both Feet, Lift Toes up and out , Bring Back in Place

(optional arm movements for counts 7-8 – As you spread toes out, arms are bent at elbow , take arms out to side and show palms of hands (as in Ta-da) , then Turn Palms in to face your body)

Start Again with a SMILE!

Email: gypsycowgirl@blueyonder.co.uk
