

# Gleehab

COPPER KNOB  
BY STEPHEN

拍數: 64      牆數: 2      級數: Improver  
編舞者: Gary Lafferty (UK) - March 2010  
音樂: Rehab (Glee Cast Version) - Glee Cast



Intro: Track starts with word "Ohio" sung 3 times, then 4 drumstick beats – that's your "5,6,7,8"  
Floor-splits: J'ai Du Boogie , My Girl Sally

## GRAPEVINE to RIGHT with TOUCH , GRAPEVINE to LEFT with TOUCH

- 1-4            Step to Right on Right foot , cross-step Left behind Right, step to Right on Right, touch Left foot beside Right
- 5-8            Step to Left on Left foot , cross-step Right behind Left , step to Left on Left foot , touch Right foot beside Left

## SKATES

- 1-2            Skate Right foot forward to Right diagonal , hold
- 3-4            Skate Left foot forward to Left diagonal , hold
- 5-6            Skate Right foot forward to Right diagonal , skate Left foot forward to Left diagonal
- 7-8            Skate Right foot forward to Right diagonal , hold

## WEAVE : FRONT , SIDE , BEHIND , SWEEP , BEHIND , SIDE , CROSS , HOLD

- 1-2            Cross-step Left foot over Right , step to Right on Right foot
- 3-4            Cross-step Left foot behind Right , sweep Right foot around from front to back
- 5-6            Cross-step Right foot behind Left , step to Left on Left foot
- 7-8            Cross-step Right foot over Left , hold

## TOUCH FORWARD , HOLD , TOUCH BACK , HOLD ; STEP , ½ TURN , STEP , HOLD

- 1-4            Touch Left foot forward , hold , touch Left foot back , hold
- 5-8            Step forward on Left foot , pivot ½ turn to Right , step forward on Left foot , hold

**RESTARTS – on walls 3 & 6 , you should restart the dance at this point**

## RIGHT TOE-STRUT , LEFT TOE-STRUT ; ROCKING CHAIR

- 1-4            Touch Right foot forward , step down onto Right foot , touch Left foot forward , step down onto Left foot
- 5-6            Rock forward on Right foot , recover weight back onto Left foot
- 7-8            Rock back on Right foot , recover weight onto Left foot

## SHIMMY ½ TURNS

- 1              Step Right foot forward
- 3-4            Making a ½ turn over Left shoulder , shimmy shoulders , keeping weight back on Right foot , clap on count 4
- 5              Push weight forward onto Left foot (it doesn't need to move from where it is)
- 6-8            Making a ½ turn over Right shoulder , shimmy shoulders , keeping weight back on Left foot , clap on count 8

## BACK , KICK , BACK , KICK ; RUN BACK , KICK

- 1-2            Step back on Right foot , kick Left foot forward
- 3-4            Step back on Left foot , kick Right foot forward
- 5-6            Step back on Right foot , step back on Left foot
- 7-8            Step back on Right foot , kick Left foot forward

## LEFT COASTER POINT , LEFT COASTER STEP

- 1-4            Step back on Left foot , step on Right foot beside Left , touch Left foot forward , hold

5-8

Step back on Left foot , step on Right foot beside Left , step forward on Left foot , hold

**START AGAIN!**

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