

In My Head

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Easy Intermediate
編舞者: Andy Williams (USA) - June 2010
音樂: In My Head - Julianne Hough : (Album: Dancing with the Stars)



16 count intro, start on vocals.

STEP SIDE, ROCK BACK, RECOVER, SHUFFLE 1/4, ROCK, RECOVER, COASTER STEP

1-3 Step left to side, rock back right, recover to left.
4&5 Turning 1/4 right, step right forward, step left behind right, step right forward
6-7 Rock left forward, recover to right.
8&1 Step left back, step right next to left, step left forward.

WALK, WALK, LIFT KNEE, TURN 1/4, CROSS SHUFFLE, SIDE ROCK, RECOVER

2-3 Walk right, walk left.
4 Lift right knee as you turn 1/4 left (make the 1/4 turn sweeping motion with knee lifted.)
5&6 Cross right over left, step left next to right, cross right over left.
7-8 Rock left to side, recover to right.

1/2 TURN SAILOR, SHUFFLE, KICK AND POINT X 2

1&2 Turning 1/4 left, step left back, turning 1/4 left, step right in place, step left forward.
3&4 Step right forward, step left behind right, step right forward.
5&6 Kick left forward, step down on left, point right to side.
7&8 Kick right forward, step down on right, point left to side.

ROCK, RECOVER, 3/4 TURN, ROCK SIDE, RECOVER, BEHIND, SIDE, CROSS

1-2 Rock left forward, recover to right.
3&4 Turning 3/4 left, step forward left, step right behind left, step left forward.
5-6 Rock right to side, recover to left.
7&8 Step right behind left, step left to side, step right across left.

Note: Dancers Song Will End While Doing The First Set Of 8. Rock, Recover, Do A 1/4 Left Coaster Turn And Pose.

End Of Dance No Tags, Restarts Hope You Enjoy!!! Remember There's Always Time To Dance

Andy Williams: timetoodance@excite.com