

Hip to My Heart

COPPER **KNOB**
BY STEPHEN METZ

拍數: 32 牆數: 4 級數: Improver
編舞者: Carol Cotherman (USA) - July 2010
音樂: Hip to My Heart - The Band Perry : (CD: The Band Perry EP)



Start dance on lyrics

Point, Step, Rock, Recover, Step, Point Step, Rock Recover, Step

- 1-2-3&4 Point right to right, step right forward in front of left, rock left to side, recover on right, step forward on left
- 5-6-7&8 Point right to right, step right forward in front of left, rock left to side, recover on right, step forward on left

Rock, Recover, 1/2 Shuffle Turn, Step, 1/4 turn, Cross Steps 3X

- 1-2-3&4 Rock forward on right, recover to left, 1/2 shuffle turn to the right stepping right, left, right
- 5-6-7&8&1 Step forward on left, 1/4 turn right stepping right to side, step left across right, step right slightly to right but still behind left, step left across right, step right slightly to right, step left across right (9:00)

(Styling: Add shoulder dips to cross steps and make as funky as you like!)

Side, Rock Behind, Recover, Side, Rock Behind, Recover, Step Forward, Pivot 1/2, Step Forward

- 2-3&4 Step right to side, rock back on left behind right, recover to right, step left to side
- 5&6-7-8 Rock back on right, recover to left, step forward on right, pivot 1/2 turn left keeping weight on right, step forward on left (3:00)

Rock, Recover, Heel Switches, Rock, Recover, Coaster

- 1-2&3&4& Rock forward on right, recover to left, step right beside left, touch left heel, step left beside right, touch right heel forward, step right beside left
- 5-6-7&8 Rock forward on left, recover to right, step back on left, step right beside left, step left forward

REPEAT
