

Strictly Disco

COPPER KNOB
BY STEPHEN

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Gary Lafferty (UK) - September 2010
音樂: You Should Be Dancing - Bee Gees : (Album: Ultimate Bee Gees)



Floor Splits: "Ten Out Of Ten" or "Closer" or "Tennessee Waltz Surprise"
32-count intro

SYNCOPATED GRAPEVINE to RIGHT ; LEFT SAILOR ¼ TURN , STEP FORWARD , ½ TURN BACK

1-2 Step to Right to Right foot , cross-step Left foot behind Right
&
Step to Right on Right foot
3-4 Cross-step Left foot over Right , step to Right on Right foot
5&6 Left sailor step making ¼ turn to Left (9 o'clock)
7-8 Step forward on Right , turn ½ Right stepping back on Left foot (3 o'clock)

BACK-LOCK-BACK , & TOUCH , HOLD ; & ROCK FORWARD , RECOVER , LEFT COASTER STEP

1&2 Step back on Right foot , lock-step Left foot over Right , step back on Right foot
&3-4 Step back on Left foot , touch Right foot forward , hold
&5-6 Step on Right foot beside Left , rock forward on Left foot , recover weight back onto Right foot
7&8 Step back on Left foot , step on Right foot beside Left , step forward on Left foot

STEP, LOCK , & STEP , LOCK ; & WALK , WALK , ANCHOR ¾ TURN

1-2 Step diagonally-forward Right on Right foot , lock-step Left foot behind Right
&
Step slightly forward on Right foot
3-4 Step diagonally-forward Left on Left foot , lock-step Right foot behind Left
&
Step slightly forward on Left foot
5-6 Step forward on Right foot , step forward on Left foot
7&8 Triple-step in place (stepping Right , Left , Right) making ¾ turn over Right shoulder (12 o'clock)

STEP LEFT, TOUCH BEHIND, STEP RIGHT, TOUCH BEHIND ; TOUCH ACROSS, BEHIND, KICK-BALL-STEP

1-2 Step to Left on Left foot , cross-touch Right foot behind Left
3-4 Step Right foot out to Right side , cross-touch Left foot behind Right
5-6 Cross-touch Left foot diagonally-forward Left, cross-touch Left foot behind Right
7&8 Kick Left foot forward , step down on Left foot beside Right , small step forward on Right foot

KICK-BALL-STEP, LEFT MAMBO; SLIDE with HIP PUSH, STEP; SLIDE with HIP PUSH , STEP

1&2 Kick Left foot forward , step down on Left foot beside Right , small step forward on Right foot
3&4 Rock forward on Left foot , recover weight back onto Right foot , step back on Left foot
5 Slide Right foot back (towards Right back diagonal) pushing Right hip up
6 Slide Right foot beside Left taking weight
7 Slide Left foot back (towards Left back diagonal) pushing Left hip up
8 Slide Left foot beside Right taking weight

SWIVEL WALK FORWARD, CROSS & HEEL; & ¾-TURN WALK AROUND, TOUCH BEHIND

1 Step Right foot forward towards Right diagonal with toes turned out
2 Step Left foot forward towards Left diagonal with toes turned out
3&4 Cross-step Right foot over Left , small step to Left on Left foot , touch Right heel diagonally forward Right
&
Step down onto Right foot
5-7 Make ¾ turn over Right shoulder walking Left , Right , Left

8

Cross-touch Right foot behind Left

START AGAIN

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