

Hey Ahab

COPPER **NOB**
BY STEPHEN METZ

拍數: 32 牆數: 4 級數: Easy Beginner
編舞者: Denise Brault (USA) - March 2011
音樂: Hey Ahab - Elton John & Leon Russell : (Album: The Union, 5:39)



Country Alt: Pants by Walker Hayes, 3:32

Begin on vocals at 0:40. For Ultra Beginner 1 wall - Omit 1/4 turn.

[1 – 8] WALK WALK WALK, TOUCH, WALK WALK WALK, TOUCH

1 – 4 Walk R, L, R, touch left toe out to side
5 – 8 Walk forward L, R, L, touch right toe out to right side

[9 – 16] STEP BEHIND, TOUCH, STEP BEHIND, TOUCH, STEP BEHIND, TOUCH, STEP BEHIND, TOUCH

1 - 4 Step right behind left, touch left toe to left, step left behind right, touch right toe to right
5 – 8 repeat above (this 8 count sequence travels backward)

[17 – 24] VINE RIGHT, TOUCH, SHOULDER SHRUGS

1 – 4 Step right to right, left behind right, right to right, touch left toe next to right
& 5 Shrug shoulders up turning upper body toward 10:30, push shoulders down punching right fist down in front of body, left fist in back
&6 Shrug shoulders up turning upper body toward 2:30, push shoulders down punching left fist down in front of body, right fist in back
&7 Shrug shoulders up turning upper body toward 10:30, push shoulders down punching right fist down in front of body, left fist in back
&8 Shrug shoulders up turning upper body toward 2:30, push shoulders down punching left fist down in front of body, right fist in back

[25 – 32] VINE LEFT ¼ TURN, TOUCH, SHOULDER SHRUGS

1 – 4 Step left to left, right behind left, left 1/4 forward, touch right toe next to right
& 5 Shrug shoulders up turning upper body toward 7:30, push shoulders down punching right fist down in front of body, left fist in back
&6 Shrug shoulders up turning upper body toward 10:30, push shoulders down punching left fist down in front of body, right fist in back
&7 Shrug shoulders up turning upper body toward 7:30, push shoulders down punching right fist down in front of body, left fist in back
&8 Shrug shoulders up turning upper body toward 10:30, push shoulders down punching left fist down in front of body, right fist in back

Smile and start again!

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