

Olivia's Physical

COPPER KNOB
STEPPERS

拍數: 64 牆數: 2 級數: Improver
編舞者: Joyce Nicholas (MY) - May 2011
音樂: Physical - Olivia Newton-John



STOMP FORWARD, STEP BACK, PIVOT ½

- 1-2 Stomp R fwd (push R hand out), Stomp L fwd (push L hand out)
3-4 Step R back (R hand slap R thigh), Step L back (L hand slap L thigh)
5-8 Step R fwd, Pivot ½ left, Step R and L in place [6.00]

REPEAT 1-8 [12.00]

MONTEREY ½ TURN , MONTEREY ¼ TURN

- 1-2 Touch R to right (R hand outstretch to side), on ball of left make ½ turn right, Stepping R beside left
3-4 Touch L to left (L hand outstretch to side), Step L beside right
5-6 Touch R to right (R hand outstretch to side), on ball of left make ¼ turn right, Stepping R beside left
7-8 Touch L to left (L hand outstretch to side), Step L beside right [9.00]

STEP SWEEP X 2, CROSS SIDE, BEHIND, TOUCH

- 1-2 Step fwd on R, Sweep L around from back to front
3-4 Step fwd on L, Sweep R around from back to front
5-6 Cross R over left, Step to left
7-8 Cross R behind left, Touch L to left [9.00]

STEP ¼ TURN, ¼ TURN KICK, SIDE TOUCHES X 2

- 1-2 Step L fwd, making ¼ turn L, Step back on R
3-4 Making ¼ turn L, Step L fwd, Kick R fwd
&5-6 Step R next to left, Touch L to left. Hold
&7-8 Step L next to right, Touch R to right. Hold [3.00]

RIGHT SAILOR, STEP ¼ TURN TOUCH, BUMPS X 4

- 1&2 Cross R behind left, Step L to left, Step R to right
3-4 Turning ¼ left, Step L to left, Touch R beside left
5-8 Bump hips, RLRL [12.00]

WALK FWD X 3, KICK, WALK BACK X 3, HITCH

- 1-2 Walk R fwd, Walk L fwd
3-4 Walk R fwd, Kick L fwd (raise both arm in the air)
5-6 Walk back on L, Walk back on R
7-8 Walk back on L, Hitch R knee up [12.00]

¼ TURN JAZZ BOX X 2

- 1-4 Cross R over left, Step L back, Turning ¼ right, Step R to right, Step L beside right
5-8 Cross R over left, Step L back, Turning ¼ right, Step R to right, Step L beside right [6.00]

START AGAIN