

Simple Pleasures

COPPER KNOB
BY STEPHEN METZ

拍數: 32 牆數: 4 級數: Beginner 2S
編舞者: Dan Albro (USA) - June 2011
音樂: My Old Friend - Tim McGraw : (CD: Tim McGraw: Greatest Hits, Vol. 2 / Live Like You Were Dying)



Or any 2-step around 186 bpm

Intro: 32

SWAY, SWAY, SHUFFLE SIDE, SWAY, SWAY SHUFFLE SIDE

1-2 Sway right, sway left
3&4 Step right to side, step left together, step right to side
5-6 Sway left, sway right
7&8 Step left to side, step right together, step left to side

FORWARD, FORWARD, SHUFFLE SIDE, BACK, BACK, SHUFFLE SIDE

1-2 Step right forward, step left forward
3&4 Step right to side, step left together, step right to side
5-6 Step left back, step right back
7&8 Step left to side, step right together, step left to side

CHARLESTON 8 COUNT

1-2-3-4 Touch right toe forward, step right back, touch left toe back, step left forward
5-6-7-8 Touch right toe forward, step right back, touch left toe back, step left forward

HEEL, TOE, STEP 1/4 TURN, ROCKING CHAIR, TWO STRUTS

1-2 Touch right heel forward, touch right toe back
3-4 Step right forward, pivot turn ¼ left (weight on left)
5&6& Rock right forward, recover to left, rock right back, recover to left
7&8& Touch right heel forward, step down on right, touch left heel forward, step down on left

REPEAT
