

Midnight Mix

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Improver
編舞者: Sandra Speck (UK) - June 2011
音樂: Midnight Mix - Paul Bailey



Music available for download at - www.paulbaileymusic.co.uk

32 Count Intro, Start Just Before Vocals Begin

TOUCH SIDE, TOUCH FORWARD, TOUCH SIDE, TOUCH BEHIND, RIGHT VINE TOUCH

1 – 2 Touch right foot to right side, touch right foot in front of left

3 – 4 Touch right foot to right side, touch right foot behind left

Optional arm movements counts 1 – 4 :-Swings arms across body to right, across to left, repeat

5 – 6 Step right foot to side, cross left behind right

7 – 8 Step right foot to side, touch left next to right [12 o'clock]

1 ¼ ROLLING VINE LEFT, SCUFF, ROCK FORWARD, BACK, FORWARDS, FLICK

1 – 2 Turn ¼ left stepping forward on left foot, turn ½ left stepping back on right foot

3 – 4 Turn ½ left stepping forward on left foot, scuff right foot next to left [9 o'clock]

Easier option counts 1 - 3:- Left vine ¼ turn left

5 – 6 Rock forward on to right foot, recover back on to left

7 – 8 Rock forward on to right foot, flick left foot up behind

ROCK FORWARDS RECOVER STEP BACK KICK, ROCK BACK RECOVER WALK X 2

1 – 2 Rock forward on to left foot, recover on to right foot

3 – 4 Step back on left foot, kick right foot forwards

5 – 6 Step back on to right foot, recover on to left foot

7 – 8 Step forward on right foot, step forward on left foot [9 o'clock]

Counts 7 – 8 above can be replaced with a full turn left

STEP PADDLE ¼ X 2, JAZZ BOX CROSS

1 – 2 Step forward on right, paddle ¼ turn left, moving hips in a circular motion

3 – 4 Repeat counts 1 – 2 above

5 – 6 Cross right foot over left, step back on left

7 – 8 Step right to right side, cross left foot over right [3 o'clock]

Start again & enjoy!

Contact: sandra.speck@btinternet.com