

Hit The Switch

COPPERKNOB
BY STEPHEN METZ

拍數: 64 牆數: 2 級數: Intermediate / Advanced
編舞者: Carol Bates (UK) - February 2012
音樂: Kiss the Stars - Pixie Lott



Right & left syncopated side rock, back rock recover, shuffle 1/2 turn right

1 - 2 Rock right to right side, recover on left
&3 - 4 step right next to left, rock left to left side, recover on right
5 - 6 rock back on left, recover on right
7 & 8 shuffle 1/2 right stepping left, right, left

Right & left syncopated side rock, back rock recover, step 1/2 turn right, step forward on left

1 - 2 Rock right to right side, recover on left
&3 - 4 step right next to left, rock left to left side, recover on right
5 - 6 rock back on left, recover on right
7 & 8 step forward on left, pivot 1/2 right, step forward on left

Right side behind, heel & cross, left side behind, heel & cross

1 - 2 Step right to right side, step left behind right
&3&4 step back on right, touch left heel forward, step left next to right, cross right over left
5 - 6 step left to left side, step right behind left
&7&8 step back on left, touch right heel forward, step right next to left, cross left over right

Right rocking chair, step out right, step out left, step in right, step in left

1 - 2 rock forward on right, recover on left
3 - 4 rock back on right, recover on left
5 - 6 step right diagonally forward, step left diagonally forward
7 - 8 step right back to place, step left next to right

*** Restart here on wall 2***

Hip bump turns

1 & 2 turn 1/4 left stepping right to right side bumping hips right, left, right
3 & 4 turn 1/4 left stepping left to left side bumping hips left, right, left
5 & 6 turn 1/4 left stepping right to right side bumping hips right, left, right
7 & 8 turn 1/4 left stepping left to left side bumping hips left, right, left

*** Restart here on wall 3 ***

Right rolling grapevine, left rolling grapevine

1 - 2 turn 1/4 right stepping on right, turn 1/2 right stepping back on left
3 - 4 turn 1/4 right stepping right to right side, touch left next to right
5 - 6 turn 1/4 left stepping on left, turn 1/2 turn left stepping back on right
7 - 8 turn 1/4 turn left stepping left to left side, touch right next to left

Right & left Dorothy step, & walk round 1/2 turn right

1 - 2 & step right diagonally forward, lock left behind right, step right diagonally forward
3 - 4 & step left diagonally forward, lock right behind left, step left diagonally forward
5 - 8 walk round 1/2 turn right stepping right, left, right, touch left next to right

Left & right Dorothy step, & heel touch forward left, right, left, touch right

1 - 2 & step left diagonally forward, lock right behind left, step left diagonally forward
3 - 4 & step right diagonally forward, lock left behind right, step right diagonally forward
5 & 6 touch left heel forward, step left to place, touch right heel forward

7 & 8 step right to place, touch left heel forward, step left to place, touch right toe next to left foot

Wall 2 restart dance after count 32

Wall 3 restart the dance after count 40

Wall 6 start the dance from count 25 dance to count 64

Wall 7 start the dance from count 25 dance to count 40 then add tag right rocking chair start the dance from the beginning

Tag after count 40 on wall 7 (Right Rocking Chair)

Ending – dance the first 14 counts then add a left shuffle forward you will finish facing front

Don't be put off by the restarts the music helps

Happy dancing
