

Centurion

COPPER KNOB
STEPPERS

拍數: 100 牆數: 4 級數: Intermediate
編舞者: Rob Fowler (ES) - April 2012
音樂: My Heart's Broke Down (But My Mind's Made Up) - Dean Miller



Intro : 16 counts

Toe In, Kick, Cross, Toe In, Kick, Cross, Hop, Hop

- 1-2-3 Touch right toe beside left (right knee bent towards left), right kick diagonally forward, cross right over left
4-5-6 Touch left toe beside right (left knee bent towards right), left kick diagonally forward, cross left over right
7-8 Hop backward on left foot and tap right point behind left heel (twice)

Back-Heel-Step-Touch, Back-Heel-Step-Brush, Step ¼ Turn, Stomp, Stomp

- &1&2 Step right back, touch left heel diagonally forward, step left beside right, touch right toe beside left
&3&4 Step right back, touch left heel diagonally forward, step left beside right, right brush forward
5-6 Step right forward, ¼ turn left (weight onto left)
7-8 Stomp right next left, stomp left next right

Side Toe Strut, Cross Toe Strut, Chassé to the Right, Back Rock, Recover

- 1-2-3-4 Step right toe side, drop right heel, step left toe cross right, drop left heel
5&6-7-8 Chassé (RLR) right side, rock left backward, recover to right

Side Toe Strut, Cross Toe Strut, Chassé to the Left, Back Rock, Recover

- 1-2-3-4 Step left toe side, drop left heel, step right toe cross left, drop right heel
5&6-7-8 Chassé (LRL) left side, rock right backward, recover to left

Figure of Eight

- 1-2-3-4 Step right to right, step left behind right, turn ¼ right and step right forward, step left forward
5-6-7-8 ½ turn right (weight onto right), ¼ turn right and step left to left, step right back, ¼ turn left and step left forward*

* TAGS on wall 4 (you are facing 12h00)

Right Shuffle forward, Left Rock forward, Recover, 1½ Turn left, Brush Right

- 1&2 Step right forward, close left beside right, step right forward
3-4 Rock left forward, recover onto right
5-6-7 ½ turn left and step left forward, ½ turn left and step right back, ½ turn left and step left forward
8 Brush right forward

*RESTART on wall 3 (you are facing 6h00)

Out-Out-In-In

- 1-2 Step right diagonally forward, step left to left
3-4 Step right center, step left beside right

Right Kick forward, Step back, Hip forward, Hip back (sit down), Hip up, Hip back, Together, Up-Down

- 1-2 Kick right forward, step right back with bumps (bend the knees and bump back)
3-4-5-6 Bump forward (up), bump back (down), bump forward (up), bump back
7&8 Step right beside left, lift both heels off (bending the knees), drop heels

Right Side Rock Cross, Hold, Left Side Rock Cross, Hold

1-2-3-4 Rock right to right side, recover to left, step right cross left, hold
5-6-7-8 Rock left to left side, recover to right, step left cross right, hold

Step, ½ turn left, Forward, Hold, Step, ½ turn right, Forward, Hold

1-2-3-4 Step right forward, ½ turn left (weight onto left), step right forward, hold
5-6-7-8 Step left forward, ½ turn right (weight onto right), step left forward, hold

Right Kick forward, Step back, Hip forward, Hip back (sit down), Hip up, Hip back, Together, Up-Down

1-2 Kick right forward, step right back with bumps (bend the knees and bump back)
3-4-5-6 Bump forward (up), bump back (down), bump forward (up), bump back
7&8 Step right beside left, lift both heels off (bending the knees), drop heels

Grapevine to the right, Touch, Grapevine ½ turn to the left, Brush

1-2-3-4 Step right to right, step left behind right, step right to right, touch left next right
5-6-7-8 Step left to left, step right behind left, ½ turn left and step left forward, brush right forward

Grapevine to the right, Touch, Grapevine ¼ turn to the left, Brush

1-2-3-4 Step right to right, step left behind right, step right to right, touch left next right
5-6-7-8 Step left to left, step right behind left, ¼ turn left and step left forward, brush right forward

RESTART & TAG :

On wall 3 : RESTART at the end of section 6 (you are facing 6h00)

On wall 4 : TAG at the end of section 5 (Figure Of Eight) (you are facing 12h00)

Single

Right Kick forward, Step back, Hip forward, Hip back (sit down), Hip up, Hip back, Together, Up-Down

1-2 Kick right forward, step right back with bumps (bend the knees and bump back)
3-4-5-6 Bump forward (up), bump back (down), bump forward (up), bump back
7&8 Step right beside left, lift both heels off (bending the knees), drop heels

Right Side Rock Cross, Hold, Left Side Rock Cross, Hold

1-2-3-4 Rock right to right side, recover to left, step right cross left, hold
5-6-7-8 Rock left to left side, recover to right, step left cross right, hold

Step, ½ turn left, Forward, Hold, Step, ½ turn right, Forward, Hold

1-2-3-4 Step right forward, ½ turn left (weight onto left), step right forward, hold
5-6-7-8 Step left forward, ½ turn right (weight onto right), step left forward, hold

Double

Right Kick forward, Step back, Hip forward, Hip back (sit down), Hip up, Hip back, Together, Up-Down

1-2 Kick right forward, step right back with bumps (bend the knees and bump back)
3-4-5-6 Bump forward (up), bump back (down), bump forward (up), bump back
7&8 Step right beside left, lift both heels off (bending the knees), drop heels

Right Kick forward, Step back, Hip forward, Hip back (sit down), Hip up, Hip back, Together, Up

1-2 Kick right forward, step right back with bumps (bend the knees and bump back)
3-4-5-6 Bump forward (up), bump back (down), bump forward (up), bump back
7&8 Step right beside left, lift both heels off (bending the knees), drop heels

Right Side Rock Cross, Hold, Left Side Rock Cross, Hold

1-2-3-4 Rock right to right side, recover to left, step right cross left, hold
5-6-7-8 Rock left to left side, recover to right, step left cross right, hold

Step, ½ turn left, Forward, Hold, Step, ½ turn right, Forward, Hold

1-2-3-4 Step right forward, ½ turn left (weight onto left), step right forward, hold
5-6-7-8 Step left forward, ½ turn right (weight onto right), step left forward, hold

Single with extra and continue (final) :

Right Kick forward, Step back, Hip forward, Hip back (sit down) (6x), Together, Hop (3x)

- 1-2-3-4 Kick right forward, step right back with bumps (bend the knees and bump back), bump forward (up), bump back
- 5-6-7-8 Bump forward (up), bump back (down), bump forward (up), bump back (down)
- 1-2-3-4 Bump forward (up), bump back (down), bump forward (up), bump back (down)
- 5-6 Bump forward (up), bump back (down)
- 1-2-3-4 Step right beside left, jump (3x)

Grapevine to the right, Touch, Grapevine ½ turn to the left, Brush

- 1-2-3-4 Step right to right, step left behind right, step right to right, touch left next right
- 5-6-7-8 Step left to left, step right behind left, ½ turn left and step left forward, brush right forward

Grapevine to the right, Touch, Grapevine ¼ turn to the left, Brush

- 1-2-3-4 Step right to right, step left behind right, step right to right, touch left next right
- 5-6-7-8 Step left to left, step right behind left, ¼ turn left and step left forward, brush right forward

Final

Stomp right to right, stomp left to left, knees bend, body slightly turned to the left, make big cercles with right arm (clockwise)
