

No Food To Eat

COPPER KNOB
BY SHEETS

拍數: 64 牆數: 2 級數: Intermediate - WCS
編舞者: Rep Ghazali (SCO) - June 2012
音樂: In the Middle - Isaac Carree : (iTunes)



36 count intro start on vocal,

[01-08] RIGHT FWD-HOLD, BALL STEP SCUFF, ROCK FWD LEFT-RECOVER, FULL TURN LEFT

1-2 step forward Right, hold
&3-4 step Left together on Left ball, step forward Right, scuff forward on Left
5-6 rock forward Left, recover on Right
7-8 ½ turn Left by stepping forward on Left, ½ turn Right by stepping back on Right (travelling back)

[09-16] LEFT COASTER CROSS, TOUCH OUT IN-STEP SIDE, ROCK BACK LEFT-RECOVER RIGHT, ¼ TURN RIGHT, ¼ TURN RIGHT

1&2 step back Left, step Right together, cross step Left over Right
3&4 touch Right toe to Right side, touch Right together, step Right to Right side
5-6 rock back Left, recover on Right
7-8 ¼ turn Right by stepping back on Left, ¼ turn Right by stepping Right to Right side (6)

[17-24] CROSS-HOLD, BALL CROSS-BALL CROSS, ½ MONTEREY TURN, SIDE TOE SWITCHES

1-2 cross Left over Right, hold
&3&4 step Right to Right side, cross Left over Right, step Right to Right side, cross Left over Right
5-6 touch Right toe to Right side, ½ Right by stepping Right together (12)
7&8 touch Left toe to Left side, step Left together, touch Right toe to Right side

[25-32] AND-WALK-WALK, LEFT SHUFFLE FWD, STEP-½ PIVOT X2

&1-2 step slight forward on Right, walk forward Left, walk forward Right
3&4 step forward Left, step Right together, step forward Left
5-8 step forward Right, ½ pivot turn Left, step forward Right, ½ pivot turn Left

Restart: 2nd wall, facing back wall

[33-40] SIDE-BEHIND, BEHIND-SIDE-CROSS, SIDE-BEHIND, BEHIND-¼ TURN-FWD

1-2 step Right to Right side, step Left behind Right
3&4 sweep and step Right behind Left, step Left to Left side, cross Right over Left
5-6 step Left to Left side, step Right behind Left
7&8 sweep and step Left behind Right, ¼ turn Right by stepping forward on Right, step fwd Left (3)

[41-48] ROCK FWD RIGHT-RECOVER, AND ROCK FWD LEFT-RECOVER HOOK LEFT, LEFT SHUFFLE FWD, ½ TURN-STEP BACK

1-2 rock forward Right, recover on Left
&3-4 step Right together, rock forward Left, as you recover on Right hook up on Left
5&6 step forward Left, step Right together, step Left together
7-8 ½ turn Left by stepping back on Right, step back Left (9)

[49-56] ROCK BACK RIGHT-RECOVER LEFT, RIGHT SHUFFLE FWD, ROCK FWD LEFT-RECOVER, LEFT COASTER

1-2 rock back Right, recover on Left
3&4 step forward Right, step Left together, step forward Right
5-6 rock forward Left, recover on Right
7&8 step back Left, step Right together, step forward Left

**[57-64] SIDE TOE SWITCHES, ¼ TURN LEFT-SCUFF RIGHT, ROCK BACK RIGHT-RECOVER LEFT,
FULL TURN LEFT**

- 1&2 touch Right toe to Right side, step Right together, touch Left to Left side
3-4 ¼ turn Left by stepping forward on Left, scuff forward on Right (6)
5-6 rock back Right, recover on Left
7-8 ½ turn Left by stepping back on Right, ½ turn Right by stepping forward Left (6)

RESTART: 2nd wall - dance up to count 32 and restart from back wall
