

On My Best Days

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Improver
編舞者: Lorna Mursell (UK) & Roz Chaplin (UK) - September 2012
音樂: On My Best Days - Gord Bamford : (CD: Is It Friday Yet)



Start on Vocals

SIDE ROCK, SHUFFLE FORWARD, FORWARD ROCK, STEP LOCK STEP

1-2 Rock right to right side, recover onto left
3&4 Step forward on right, step left beside right, step forward on right
5-6 Rock forward on left, recover on right
7&8 Step forward Left, lock right behind left, step forward left

FORWARD ROCK, SHUFFLE ¼ TURN, FORWARD ROCK, COASTER STEP

1-2 Rock forward on right, recover on left
3&4 Shuffle ¼ right, stepping right, left, right (3)
5-6 Rock forward on left, recover on right
7&8 Step back on to left, step right beside left, step forward left

Restart Here Wall 5 (facing 3'0 clock)

¼ TURNING TOE STRUT, PIVOT ¼ CROSS, SIDE, TOGETHER, SHUFFLE BACK

1-2 Make ¼ turn right touching right toe to right side, drop right heel (taking weight) (6)
3&4 Step forward on left, pivot ¼ turn, cross left over right (9)
5-6 Step right to right side, close left beside right
7&8 Step back on right, step left beside right, step back right

ROCK BACK, KICKBALL CHANGE, FORWARD ROCK, BACK ROCK, HOLD

1-2 Rock back on to left, recover on to right
3&4 Kick left forward, step left beside right, step right in place
5-6 Rock forward on to left, recover on to right
7-8 Rock back on to left, Hold

TAG: 4 Count Tag End of Wall 1 & 3

SIDE, TOUCH, SIDE, TOUCH

1-2 Step right to right side, touch left beside right
3-4 Step left to left side, touch right beside left
