

Honey Pie - Nostalgia - Foxtrot

COPPER **KNOB**
BY STEPHEN METZ

拍數: 32 牆數: 4 級數: Beginner - Foxtrot
編舞者: Beate Keller (DE) - December 2012
音樂: Honey Pie - The Beatles



Start the dance after the intro singing...

Sequence: 32-32-32-32-32-32-32-32-1

(1-8) STEP FWD, HOLD, STEP FWD, HOLD, STEP SIDE LEFT, CLOSE, STEP BACK, HOLD

1 - 2 LF step fwd – hold (Slow)
3 - 4 RF step fwd - hold (Slow)
5 - 6 LF step side left – RF close next to LF (Quick – Quick)
7 - 8 LF step back – hold (Slow)

(9-16) STEP BACK, HOLD, STEP SIDE LEFT, TOUCH, ROCK STEP, HOLD, RECOVER ¼ TURN RIGHT, HOLD

1 - 2 RF step back – hold (Slow)
3 - 4 LF step side left – RF touch next to LF (Quick – Quick)
5 - 6 RF rock fwd – hold (Slow)
7 - 8 LF recover, ¼ turn right – hold (3:00) (Slow)

(17-24) STEP SIDE RIGHT, CLOSE, STEP FWD, HOLD, STEP FWD, HOLD, STEP FWD, LOCK STEP

1 - 2 RF step side right – LF close next to RF (Quick – Quick)
3 - 4 RF step fwd – hold (Slow)
5 - 6 LF step fwd – hold (Slow)
7 - 8 RF step fwd – LF lock step (Quick – Quick)

(25-32) STEP FWD, HOLD, RECOVER ½ TURN LEFT, HOLD, PRESS-RECOVER-TOGETHER, HOLD

1 - 2 RF step fwd – hold (Slow)
3 - 4 LF recover, ½ turn left – hold (9:00) (Slow)
5 - 6 -7 RF press to right side – LF recover – RF step together (weight on RF) (Quick – Quick – Quick)
8 hold

(1) END OF DANCE: STEP ¼ TURN RIGHT

1 LF ¼ turn right, step fwd and pose (12:00)

Start again

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