

Plymouth Rock

COPPER KNOB
BY STEPHEN

拍數: 64 牆數: 4 級數: Improver
編舞者: Ross Brown (ENG) - January 2013
音樂: Anything Goes - Melanie C : (CD: Stages - Bonus Track)



Intro: When Main Beat Kicks In (Approx. 36 Secs)

SWINGING KICK, BACK. COASTER STEP.

1 – 2 – 3 – 4 Raise right foot forward, lower right foot, step back with right, hold for Count 4.
5 – 6 – 7 – 8 Step back with left, step right next to left, step forward with left, hold for Count 8. (12 O'CLOCK)

STEP, LOCK, STEP. STEP, PIVOT ¼ TURN R, CROSS.

1 – 2 – 3 – 4 Step forward with right, lock left behind right, step forward with right, hold for Count 4.
5 – 6 – 7 – 8 Step forward with left, pivot a ¼ turn right, cross step left over right, hold for Count 8. (3 O'CLOCK)

TURNING HITCHES FULL TURN L. SIDE ROCK, CROSS.

1 – 2 Make a ¼ turn left stepping back with right, make a ¼ turn left hitching left knee up.
3 – 4 Make a ¼ turn left stepping forward with left, make a ¼ turn left hitching right knee up.
5 – 6 – 7 – 8 Rock right to the right, recover onto left, cross step right over left, hold for Count 8. (3 O'CLOCK)

TURNING HITCHES FULL TURN R. SIDE ROCK, CROSS.

1 – 2 Make a ¼ turn right stepping back with left, make a ¼ turn right hitching right knee up.
3 – 4 Make a ¼ turn right stepping forward with right, make a ¼ turn right hitching left knee up.
5 – 6 – 7 – 8 Rock left to the left, recover onto right, cross step left over right, hold for Count 8. (3 O'CLOCK)

RUMBA BOX.

1 – 2 – 3 – 4 Step right to the right, step left next to right, step forward with right, hold for Count 4.
5 – 6 – 7 – 8 Step left to the left, step right next to left, step back with left, hold for Count 8. (3 O'CLOCK)

BACK, LOCK, BACK. COASTER STEP.

1 – 2 – 3 – 4 Step back with right, lock left across right, step back with right, hold for Count 4.
5 – 6 – 7 – 8 Step back with left, step right next to left, step forward with left, hold for Count 8. (3 O'CLOCK)

EXTENDED STEP LOCK, TOUCH BEHIND.

1 – 2 – 3 – 4 Step forward with right, lock left behind right, step forward with right, lock left behind right.
5 – 6 – 7 – 8 Step forward with right, lock left behind right, step forward with right, touch left behind right. (3 O'CLOCK)

BACK, SWEEP. X2. COASTER STEP.

1 – 2 – 3 – 4 Step back with left, sweep right foot back, step back with right, sweep left foot back.
5 – 6 – 7 – 8 Step back with left, step right next to left, step forward with left, hold for Count 8. (3 O'CLOCK)

END OF DANCE!

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