

Full English Workout

COPPERKNOB
BY STEPHEN HETS

拍數: 48 牆數: 4 級數: Beginner
編舞者: Dave Powney (UK) - January 2013
音樂: Corned Beef City - Mark Knopfler : (Album: Privateering)



32 Count Intro (Start On Lyric's) Approx 13 Seconds

Section 1: Arms

Cross,Uncross,Out,In,Fwd,In,Up,Down

1,2 Cross Arms Hands Touching Shoulders,Uncross Arms Touch Shoulders
3 Point Both Arms Out At Shoulder Height,
4 Bring Hands Together In Front Of Chest
5,6 Point Both Hands Forward,Bring Both Hands Into Chest
7,8 Point Both Hands Upwards, Bring Both Hands Down To Chest

Section 2: Arms Continued

Point R,In,Point L,In,Point R,In,Point L,In

1,2 Point Both Hands Down To R,Return Hands To Chest
3,4 Point Both Hands Down To L,Return Hands To Chest
5,6 Point Both Hands Down To R,Return Hands To Chest
7,8 Point Both Hands Down To L,Return Hands To Chest

Section 3: Footwork

Grapevine R,Touch L,Grapevine 1/4turn L,Touch R

1,2,3,4 Step R To R,Step L Behind R,Step R To R,Touch L Next To R
5,6,7,8 Step L To L,Step R Behind L,Step L 1/4 Turn L Touch R Next To L

Section 4: Footwork

K Step (Diagonal Steps)

1,2 Step R Fwd,Touch L Next To R,
3,4 Step L Back,Touch R Next To L
5,6 Step R Back,Touch L Next To R
7,8 Step L Fwd, Touch R Next To L

Section 5: Footwork

Shuffle,Rock,Step,Shuffle,Rock,Step

1&2 Step R Fwd,Step L Next To R,Step R Fwd
3&4 Rock L Fwd, Recover R,Step L Back,
5&6 Step R Back,Step L Next To R,Step R Back
7&8 Rock Back L,Recover R, Step L Fwd,

Section 6: Footwork Diagonal Points

Point,Hitch,Point,Hitch,Point,Step,Point,Hitch,Point,Hitch,Point,Step

1&2 Point R Toe Back,Hitch R Knee,Point R Toe Back
3&4 Point R Toe Fwd, Hitch R Knee,Step R Next To L
5&6 Point L Toe Back,Hitch L Knee,Point L Toe Back
7&8 Point L Toe Fwd, Hitch L Knee,Step L Next To R

End Of Dance

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