

Come Crawl With Me

COPPER **KNOB**
BY STEPSHEETS

拍數: 40 牆數: 4 級數: Improver
編舞者: Alison Metelnick (UK) & Peter Metelnick (UK) - March 2013
音樂: The Swimming Song - O'Shea



Start after 20 count intro approx. [10.5 secs into song – 118 bpm – 2mins 15secs]
Note: step sheet is written this way because the music phrases in 20 count sections

[1-8] R side rock/recover, R behind/L side/R cross, L side touch, L together, R heel fwd, R together, L toe touch, L together, R side touch

1-2 Rock R side, recover weight on L
3&4 Cross step R behind L, step L side, cross step R over L
5& Touch L side, step L together
6& Touch R heel forward, step R together
7& Touch L toe together, step L together
8 Touch R side

[9-16] ¼ R jazz box, ¼ R heel jack, L cross shuffle

1-4 Cross step R over L, step L back, turning ¼ right step R side, step L forward (3 o'clock)
5& Cross step R over L, turning ¼ right step L back (6 o'clock)
6& Touch R heel forward, step R back
7&8 Cross step L over R, step R side, cross step L over R (toes facing towards 7 o'clock)

[17-20] R fwd rock/recover, on R diagonal run back 2, R touch

1-2 Rock forward rock, recover weight on L (7 o'clock)
3&4 Step R back, step L back, touch R together (pop R knee forward)

[21-28] R fwd diagonal walk 2, R fwd lock, L fwd rock/recover, ½ L & L fwd shuffle

1-2 Towards right diagonal step R & L forward
3&4 Step R forward, lock step L behind R, step R forward towards R diagonal
5-6 Rock L forward, recover weight on R
7&8 Turning ½ left step L forward, step R next to L, step L forward (towards R diagonal) (1 o'clock)

[29-36] R fwd, L scuff, heel jack squaring to front wall, R cross hold, L syncopated vine

1-2 Step R forward, scuff L forward
3& Cross step L over R, step R back squaring up to front wall (12 o'clock)
4& Touch L heel forward, step L back
5-6 Cross step R over L, hold
&7&8 Step L side, cross step R behind L, step L side, cross step R over L

[37-40] L side rock/recover, ¼ L toaster step

1-2 Rock L side, recover weight on R
3&4 Turning ¼ left step L back, step R together, step L forward (9 o'clock)

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