

You Make Me Feel So Young

COPPER **KNOB**
BY STEPHEN METZ

拍數: 32 牆數: 4 級數: Improver - Foxtrot rhythm
編舞者: Michele Burton (USA) - June 2013
音樂: You Make Me Feel So Young - Michael Bublé : (CD: To Be Loved)



Intro: 16 counts. CCW rotation.

[1 – 8] DIAGONAL HOLD ~ SIDE ROCK RECOVER ~ DIAGONAL HOLD ~ SIDE BEHIND SQQ SQQ

- 1 – 2 Step L to forward right diagonal; Hold
- 3 – 4 Rock R slightly right; Return weight to L, stepping to left diagonal
- 5 – 6 Step R to forward left diagonal; Hold
- 7 – 8 Step L foot to left; Step R behind left [12:00]

[9 - 16] LEAN LEFT HOLD ~ ¼ ¼ ~ SAILOR STEP ~ HOLD SQQ QQS

- 1 – 2 Step L to left, leaning onto left hip; Hold notice rhythm change in cts 5-8
- 3 – 4 Turn 1/4 right, stepping R forward; Turn ¼ right, stepping L to left [6:00]
- 5 – 8 (5)Step ball of R back behind L; (6)Step ball of L to left; (7)Step R to right; (8)Hold, (dragging L toward R)

[17-24] SKATE ~ SKATE ~ ¼ FORWARD ½ PIVOT ~ HOLD SSQQS

- 1 – 2 Skate (slide/step) L facing left diagonal; Slide R beside L
- 3 – 4 Skate (slide/step) R facing right diagonal; Slide L beside R
- 5 – 8 Turn ¼ left, stepping L forward; Step R forward; Turn ½ left, transfer weight to L; Hold [9:00]

[25-32] CROSS TAP ~ BACK SIDE ~ CROSS SIDE ~ BEHIND SIDE (long weave) QQQQQQQQ

- 1 – 2 Step R in front of L; Tap L behind R heel
- 3 – 4 Step L back; Step R to right
- 5 – 6 Cross L over R; Step R to right
- 7 – 8 Step L behind R; Step R to right [9:00]

(try that light and airy Fred Astaire, Ginger Rogers feel of dancing on the balls of the feet on the weave)

START AGAIN AND ENJOY

BIG FINISH – Easy and Cool

The song ends as you do the forward ½ pivot hold to 12:00. Create a TaDa pose on the hold (ct 8).

Styling suggestion: On the holds, continue or finish the movement. This will give your foxtrot a smooth gliding feel

Trivia: Harry Fox, an American entertainer in the early 1900's may be credited for the foxtrot, originally called Fox's Trot.

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