

Invincible Women

COPPER KNOB
BY STEPHEN HETS

拍數: 32 牆數: 4 級數: Easy Intermediate
編舞者: Terry Rauhihi (NZ) - September 2013
音樂: I Am Woman - Helen Reddy



Intro: 16 Counts

TOE SWITCHES, SHUFFLE, HEEL SWITCHES, SHUFFLE

- 1 & 2 & Point Right To Side (1), Close Right Beside Left (&), Point Left To Side (2), Close Left Beside Right (&)
3 & 4 Shuffle Forward Stepping Right (3) – Left (&) – Right (4)
5 & 6 & Tap Left Heel Forward (5), Close Left Beside Right (&), Tap Right Heel Forward (6), Close Right Beside Left (&)
7 & 8 Shuffle Forward Stepping Left (7) – Right (&) – Left (8)

SIDE ROCK – CROSS, SIDE ROCK – ¼ TURN, SIDE – TOGETHER – FORWARD, MAMBO FORWARD

- 1 & 2 Rock Right To Side (1), Recover Onto Left (&), Cross Right Over Left (2)
3 & 4 Rock Left To Side (3), Recover Onto Right (&), Making ¼ Turn Right Step Forward On Left (4)
5 & 6 Step Right To Side (5), Close Left Beside Right (&), Step Forward On Right (6)
7 & 8 Rock Forward On Left (7), Recover Onto Right (&), Close Left Beside Right (8)

SHUFFLE ½ TURN, MAMBO FORWARD, COASTER, SHUFFLE

- 1 & 2 Making ½ Turn Right Shuffle Forward Stepping Right (1) – Left (&) – Right (2)
3 & 4 Rock Forward On Left (3), Recover Onto Right (&), Close Left Beside Right (4)
5 & 6 Step Back On Right (5), Close Left Beside Right (&), Step Forward On Right (6)
7 & 8 Shuffle Forward Stepping Left (7) – Right (&) – Left (8)

SIDE – TOGETHER – FORWARD, SIDE – TOGETHER – BACK, SHUFFLE ½ TURN, MAMBO FORWARD

- 1 & 2 Step Right To Side (1), Close Left Beside Right (&), Step Forward On Right (2)
3 & 4 Step Left To Side (3), Close Right Beside Left (&), Step Back On Left (4)
5 & 6 Making ½ Turn Right Shuffle Forward Stepping Right (5) – Left (&) – Right (6)
7 & 8 Rock Forward On Left (7), Recover Onto Right (&), Close Left Beside Right (8) (3 O'Clock)

REPEAT

TAG:-

On Completion Of Wall 2 There Is A 12 Count Tag (Facing 6 O'Clock)

On Completion Of Wall 4 There Is A 12 Count Tag (Facing 12 O'Clock)

½ PIVOT – FORWARD, ½ PIVOT – FORWARD, MAMBO FORWARD, MAMBO BACK

- 1 & 2 Step Forward On Right (1), ½ Pivot Left (&), Step Forward On Right (2)
3 & 4 Step Forward On Left (3), ½ Pivot Right (&), Step Forward On Left (4)
5 & 6 Rock Forward On Right (5), Recover Onto Left (&), Close Right Beside Left (6)
7 & 8 Rock Back On Left (7), Recover Onto Right (&), Close Left Beside Right (8)

SHUFFLE, SHUFFLE

- 1 & 2 Shuffle Forward Stepping Right (1) – Left (&) – Right (2)
3 & 4 Shuffle Forward Stepping Left (3) – Right (&) – Left (4)

This Dance Is Dedicated To A Group Of 4 AMAZING Women Who I Like To Call 'The FAB Four' (Ann Lambert, Karen Goodin, Pauline Chidlow & Val Reid) Who I Dance With On Tuesdays & Fridays. You Ladies Each Have AMAZING Personalities & I Enjoy Being In Your Presence On The Dancefloor.

Hope You Ladies Enjoy This Dance!!

Last Update - 17th May 2014
