

I Dance Alone

COPPER KNOB
BY STEPHEN HETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Aric Lemieux (USA) - October 2013
音樂: No Pares de Bailar - Ambar



Right Samba, Left Samba, Right Wizard Step, Left Wizard Step

1&2 Cross right over left, Recover left, Step right to right
3&4 Cross left over right, Recover right, Step left to left
5 Step right forward
6& Step left behind right, step right forward
7 Step left forward
8& Step right behind left, step left forward

Rock Right Forward, Recover Left, Triple 1/2 turn (6:00) Right-Left-Right, Rock Left Forward , Recover Right, Left Turning Sailor Step 1/4 Turn Left (3:00)

1 Rock forward on right
2 Recover on left
3&4 Triple in place turning 1/2 right to 6:00
5 Rock forward on left
6 Recover on right (sweeping left foot behind right)
7&8 Step left behind right, change weight to right (turning 1/4 left to 3:00), left step together

3 "Cuban" Pivot Turns Left, Right Step, 3 "Cuban" Pivot Turns Right, Left Step

1&2&3& Keeping left foot in place, repeatedly roll the right hip while doing a half turn left (replacing weight to left on the & counts)
4 Step right next to left
5&6&7& Keeping right foot in place, repeatedly roll the left hip while doing a half turn right (replacing weight to right on the & counts)
8 Step left next to right

Right Hip Swaying Rocking Chair, 1/4 Pivot Turn Left, 1/4 Pivot Turn Left.

1, 2 Rock forward on right (hip swing right), recover left (hip swing left)
3, 4 Rock back on right (hip swing right), recover left (hip swing left)
5, 6 Step forward right 1/4 turn left with hip swing right, change weight to left
7, 8 Step forward right 1/4 turn left with hip swing right, change weight to left

Repeat

Choreographer's note: Move those hips!

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