

Down to the River Bank

COPPER KNOB
STEPPERS

拍數: 48 牆數: 2 級數: Intermediate
編舞者: Rich Klender (USA) - April 2014
音樂: River Bank - Brad Paisley



Start on lyrics, weight on left foot

Knee Roll Out-in, Kick-Ball-Cross, Slide Right, Rock-Recover

- 1-2 Rotate right knee out to right side, then in, weight stays on left foot
- 3&4 Kick right foot forward, step home, cross left over right, taking weight on left.
- 5-6 Big step to right & take weight on right, drag left to right & touch
- 7-8 Rock left foot back, recover right (option: do another knee out in w/left)

Kick-Ball-Cross, Slide left, Cross-Side-Behind, Turn-Step

- 1&2 Kick left foot forward, step left home, cross right over left, taking weight on right.
- 3-4 Big step to left, taking weight on left, drag right to left & touch
- 5-6 Cross right over left, step left to left side
- 7&8 Step right behind left, turn ¼ left stepping left, step right forward (3:00)

Rock-Recover, Turning ½ shuffle, Turn ½, Turn ¼, Cross Shuffle

- 1-2 Rock left forward, recover right
- 3&4 Turning ½ shuffle to left, left-right-left
- 5-6 Step back on right while turning ½ left, step back on left while turning ¼ left (6:00)
- 7&8 Cross shuffle right, left, right

Side Rock-Recover, Sailor Step, Drawer Bumps

- 1-2 Rock left to left side, recover right
- 3&4 Left sailor step (left behind right, right together, left forward)
- 5&6 Touch right(do not take weight) right slightly forward to 1/8 wall, bump right hip up, center, down
- 7&8 Bump hip up, center, down (alternate: Do straight hip bumps right, left, right. Do not take weight on right)

Exaggerated Shuffles Back,Walk Back

- 1&2 Step right slightly behind left, recover left, step right in place
- 3&4 Step left slightly behind right, recover right, step left in place
- 5-8 Walk back right, left, right, left – take weight on left

Step Forward Drag, Shuffle Forward, Knee Rolls

- 1-2 Step right forward (can be big or small) drag left to right, take weight on left
- 3&4 Shuffle forward right, left, right
- 5-8 Roll left knee out, roll right knee out, roll left knee out touch right home

(Note: You can do shimmies, hip bumps, body roll...anything really..just get weight on left)

REPEAT

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