

Aviemore

COPPER KNOB
BY STEPHEN BATES

拍數: 32 牆數: 4 級數: Improver
編舞者: Sandra Speck (UK) - May 2014
音樂: Aviemore - Paul Bailey



Music available from paulbaileymusic.co.uk

32 Count intro

WALK FORWARD RIGHT, LEFT, WALK FORWARD RIGHT, LEFT, RIGHT, JAZZ BOX ¼ TURN CROSS

- 1 – 2 Walk forward on right foot, walk forward on left foot
- 3 & 4 Walk forward on right, left, right (bending knees slightly)
- 5 – 6 Cross left foot over right, step back on right
- 7 – 8 Turn ¼ left stepping left foot to side, cross right foot over left (facing 9 o'clock)

SIDE TOGETHER, LEFT CHASSE, CROSS ROCK, RIGHT CHASSE ¼ TURN

- 1 – 2 Step left foot to side, close right foot next to left
- 3 & 4 Step left to side, close right foot next to left, step left to left side
- 5 – 6 Cross rock right foot over left, recover on to left
- 7 & 8 Step right foot to side, close left foot next to right, make ¼ turn right stepping forward on right (12 o'clock)

TOE HEEL STOMP X 2, ROCKING CHAIR, SCUFF HITCH BACK

- 1&2 Touch left toe next to right, touch left heel next to right, stomp left foot
- 3&4 Touch right toe next to left, touch right heel next to left, stomp right foot
- 5&6& Rock forward on left foot, recover onto right, rock back on left foot, recover onto right
- 7&8 Scuff left foot, hitch left knee, step back on left foot

HIPS R,L,R, HIPS L,R,L, HIPS R,L,R, , SWEEP, SAILOR ¼ TURN

- 1&2 Step back on right, body angled to right diagonal, push hips right, left, right (weight on right foot)
- 3&4 Step back on left foot, body angled to left diagonal, push hips left, right, left (weight on left foot)
- 5&6 Step back on right, body angled to right diagonal, push hips right, left, right (weight on right foot)
- &7&8 Sweep left foot from front to back, step back on left, make ¼ turn left stepping right to side, step left in place

Ending: As the music comes to an end, you are facing 12 o'clock, on section 4. Replace counts 7&8 with a sailor, and a big finish, Ta dah!

Start again from the beginning.

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