

Off To The Back

COPPER KNOB
BY STEPHEN

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Betsy Courant (USA) - May 2014
音樂: Ain't Off to the Back - Ben l'Oncle Soul : (iTunes - Amazon)



#16 count intro; dance starts on lyrics

S1: WALK FWD R L, R SHUFFLE FWD, STEP, ¼ PIVOT R, L CROSS SHUFFLE

1 - 2 Walk forward Right, Left
3 & 4 Shuffle forward Right Left Right
5 - 6 Step Left forward, ¼ pivot turn right step Right to right side
7 & 8 Crossing shuffle: cross Left over Right, step Right to right side, cross Left over Right [3:00]

S2: R ROCK, RECOVER, BEHIND SIDE CROSS, L ROCK, RECOVER, ½ SAILOR TURN LEFT

1 - 2 Rock Right to right side, recover Left
3 & 4 Step Right behind Left, step Left to left side, cross Right over Left
5 - 6 Rock Left to left side, recover Right
7 & 8 Step Left behind Right, ¼ turn left step Right next to Left, ¼ turn left step Left to left side [9:00]

S3: R ROCKING CHAIR, ¼ TURN HIP ROLL (2X)

1 - 4 Rock Right forward, recover Left, rock Right back, recover Left
5 - 6 Make ¼ turn left step Right to right side while pushing right hip to right, recover Left
7 - 8 Make ¼ turn left step Right to right side while pushing right hip to right, recover Left [3:00]

S4: R JAZZ BOX, STEP OUT, OUT, IN, IN

1 - 4 Cross Right over Left, step Left back, step Right to right side, cross Left over Right
5 - 8 Step Right out, step Left out, step Right in, step Left next to Right (Restart Wall 2)

S5: R BACK L KNEE POP, L BACK R KNEE POP, R ANCHOR STEP, L BACK R KNEE POP, R BACK L KNEE POP, L ANCHOR STEP

1 - 2 Step back Right and pop Left knee, step back Left and pop Right knee
3 & 4 Step Right behind Left, recover Left in place, recover Right in place (anchor step)
5 - 6 Step back Left and pop Right knee, step back Right and pop Left knee
7 & 8 Step Left behind Right, recover Right in place, recover Left in place (anchor step) (Restart Wall 5)

S6: ¼ TURN L R TO SIDE, L BEHIND SIDE CROSS, STEP, L STEP, HOLD, CROSS, SIDE, BEHIND

1, 2 & ¼ turn left step Right to right side(1), step Left behind right(2), step Right to right side (&) [12:00]
3 - 4 Cross Left over Right, step Right to right side
5, 6 Step Left to left side (5), hold (6)
& 7 - 8 Cross Right over Left, step Left to left side, step Right behind Left)

S7: L STEP, ROLL R HIP, R STEP, ROLL L HIP, ROCK, RECOVER, BEHIND, ¼ R TURN, STEP

1 - 2 Step Left to left side and roll Right hip in & around (clockwise)
3 - 4 Recover Right and roll Left hip in and around (anti-clockwise)
5 - 6 Rock Left, recover Right
7 & 8 Step Left behind Right, ¼ turn right step Right forward, step Left next to Right [3:00]

S8: 2 ½ PIVOT TURNS, OUT, OUT, HOLD

1 - 2 Step forward Right, ½ pivot turn left step Left forward
3 - 4 Step forward Right, ½ pivot turn left step Left forward
&5 Jump out R (&) then Left (5)

6 - 8 Hold for counts 6, 7, 8 [3:00]

(optional: the music changes up in the last 4 counts – so play around with it – you can hold where the music drops out and do hip bumps or rolls where the music continues)

Restarts:

On Wall 2, Restart dance after 32 counts.

On Wall 5, Restart dance after 40 counts.

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Last Update - 10th March 2015
