

Shadowlands

COPPER KNOB
BY STEPHEN HETS

拍數: 32 牆數: 4 級數: Improver / Easy Intermediate
編舞者: Gaye Teather (UK) - June 2014
音樂: You're in the Shadow of My Mind - Chris Raddings : (CD: Coming Out of The Shadows)



(94/188 bpm. – dance written as 94 bpm.)

Track available as a single FREE download from www.upcountrymagazine.co.uk

16 count intro - Dance rotates in CW direction

Walk forward x 2. Forward Mambo step. Walk back x 2. Quarter turn Left behind-side-cross

1 – 2 Walk forward Right. Left
3&4 Rock forward on Right. Recover onto Left. Step back on Right
5 – 6 Walk back Left. Right
7&8 Quarter turn Left crossing Left behind Right. Step Right to Right side. Cross Left over Right (Facing 9 o'clock)

Right side rock & cross. Left side rock & cross. Quarter turn Right lock step x 3. Step forward

1&2 Rock Right to Right side. Recover onto Left. Cross Right over Left
3&4 Rock Left to Left side. Recover onto Right. Cross Left over Right
5& Quarter turn Right stepping forward on Right. Lock Left behind Right
6& Quarter turn Right stepping forward on Right. Lock Left behind Right
7& Quarter turn Right stepping forward on Right. Lock Left behind Right (Facing 6 o'clock)
8 Step forward on Right

Forward Mambo step. Coaster cross. Syncopated Rumba box

1&2 Rock forward on Left. Recover onto Right. Step back on Left
3&4 Step back on Right. Step Left beside Right. Cross Right over Left
5&6 Step Left to Left side. Step Right beside Left. Step forward on Left
7&8 Step Right to Right side. Step Left beside Right. Step back on Right

Quarter turn Left side rock. Left cross & heel & Right cross & heel. Together. Forward lock step

1 – 2 Quarter turn Left rocking Left out to Left side. Recover onto Right (Facing 3 o'clock)
3&4 Cross Left over Right. Small step to Right on Right. Touch Left heel diagonally forward Left
&
& Step Left beside Right
5&6 Cross Right over Left. Small step to Left on Left. Touch Right heel diagonally forward Right
&
& Step Right beside Left
7&8 Step forward on Left. Lock Right behind Left. Step forward on Left

Start again