

From My Guy

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Beginner Plus
編舞者: Lynda Summers (CAN) - October 2013
音樂: My Guy - Mary Wells



INTRO: 16 counts, start on vocals

HEEL FWD, CLOSE, HEEL FWD, CLOSE

1,2 Touch R heel forward, step R beside L.
3,4 Touch L heel forward, step L beside R.

TWO HEEL BOUNCES, SWIVELS HEELS (right, center)

5,6 Bounce both heels twice.
7,8 Swivel both heels to the right, then back to center.

FOUR SWIVELS

1 Turn 1/4 right (step R forward), while L heel swivels back. (3:00)
2 Turn 1/4 left (step L beside R), while R heel swivels to front. (12:00)
3-8 Repeat above steps 1,2 for 3 more times.

ROCK FWD, RECOVER, SHUFFLE (1/2 right)

1,2 Rock step R forward, recover weight back onto L.
3&4 Shuffle (R-L-R) while turning 1/2 right. (6:00)

ROCK FWD, RECOVER, BACK, KICK

5,6 Rock step L forward, recover weight back onto R.
7,8 Step L back, kick R forward.

BACK, KICK, BACK, KICK

1,2 Step R back, kick L forward.
3,4 Step L back, kick R forward.

MONTEREY STEP (1/4 right)

5,6 Touch R toe out to right side, turn 1/4 right (step R beside L). (9:00)
7,8 Touch L toe out to left side, step L beside R.

START DANCE AGAIN

TAG: At the end(3:00) of wall 7(6:00), do this 16 count Tag:

Vine right, brush, vine left, brush

1-4 vine right (R,L,R), brush L beside R.
5-8 vine left (L,R,L), brush R beside L. fwd, together, fwd, touch (all on right diagonal)
9,10 step R forward, step L beside R.
11,12 step R forward, touch L beside R & clap. fwd, together, fwd, touch (all on left diagonal)
13,14 step L forward, step R beside L.
15,16 step L forward, touch R beside L & clap. (styling: use Supremes arm motion)

ENDING Dance ends during wall 10(9:00)

Dance to count 26, but change the turn on the triple step(19&20) from 1/2 right to 1/4 right to face the front wall.

Instead of doing the 3rd kick (27,28), on count 28, touch R toe to right side & pose.

Contact: austini36@yahoo.ca