

Automatic

COPPER KNOB
BY STEPHEN

拍數: 32
編舞者: Lynn Card (USA) - June 2014
音樂: Automatic - Miranda Lambert

牆數: 4

級數: Improver / Intermediate



(1-8) Samba Steps, ½ Pivot Turn, Walk, Walk

- 1&2,3&4 Cross R over L, rock L to left side, recover R to right side, cross L over R, rock R to right side, recover L to left side
- 5&6,7&8 Step R forward, pivot ½ turn counter clockwise(6 o'clock), step L forward, walk R forward, walk L forward

(9-16) Out, Out, Slide Right, 1/2 Clockwise Rotation, Weave Right, ¼ Turn Clockwise

- &1,2,3,4 Step R to right side, step L to left side, slide R next to L, make ¼ turn clockwise and step R forward(9 o'clock), make ¼ turn clockwise and step L to left side(12 o'clock)
- 5,6,7&8 Touch R behind L, step R to right side, cross L behind R, make ¼ turn clockwise (3 o'clock) and step R to right forward, step L forward

(17-24) Forward Rock Step, Back, Cross, Back, Back, Cross, Back, Rock Step Back

- 1,2,3&4 Rock R forward, recover back on L, step R back, cross L over R, step R back
- 5&6,7,8 Step L back, cross R over L, step L back, rock R back, recover forward on L

(25-32) Shuffle ½ Turn Counter Clockwise, Rock Step, Shuffle ½ Turn Clockwise, Rock Step

- 1&2,3,4 ½ turn left, step R back. step L next to R, step R back, rock L back, recover forward on R (9 o'clock)
- 5&6,7,8 ½ turn right, step L back, step R next to L, step L back, rock R back, recover forward on L (3 o'clock)

Start Again...

Tag 1: After Wall 1, 8 counts, start and end facing 3 o'clock

- 1,2 Step R forward, pivot ¼ turn clockwise, recover on L to left side...repeat 3 more times returning to 3 o'clock (swing R hip for styling)

Tag 2: After Wall 8, 4 counts, facing 12 o'clock

- 1,2,3,4 Sway hips R, L, R, L (slightly shifting the weight from R to L and back to R as you sway, ending with weight on L so you can start the dance over with your R)

Please contact me with any questions at lynncard28@gmail.com