

Soul Sister

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Laura Kampschroeder (USA) - December 2010
音樂: Hey, Soul Sister - Train : (Album: Train)



This dance is dedicated to Jo Thompson Szymanski, beloved dance instructor and choreographer, who is battling Aplastic Anemia

Begin after 16 counts.

[1-8] □ WALK, WALK, ROCK RIGHT, REPLACE CROSS, TURN ¼ RIGHT, TURN ¼ RIGHT, TRIPLE STEP
1-2-3&4 Step forward right, step forward left, right rock to side, replace weight to left, cross right over left
5-6-7&8 Turn ¼ right and step left back, turn ¼ right and step right forward, triple forward L,R,L (6:00)

[9-16] □ STEP RIGHT, ½ TURN LEFT, TRIPLE STEP, ROCK REPLACE STEP, SWEEP ¼ TURN RIGHT, COASTER STEP □
1-2-3&4 Step forward right, ½ turn pivot left, triple step forward R,L,R
5&6&7&8 Rock forward left, replace weight on right, step left next to right, sweep right front to back turning ¼ right, step right back, together left, forward right (3:00)

[17-24] □ STEP LEFT, ½ TURN LEFT, COASTER STEP, STEP RIGHT, ½ TURN RIGHT, COASTER STEP □
1-2-3&4 Step forward left, ½ turn left (weight to right), step back left, together right, forward left
5-6-7&8 Step forward right, ½ turn right (weight to left), step back right, together left, forward right (3:00)

[25-32] □ STEP LEFT, ½ TURN LEFT, TRIPLE STEP BACKWARD, BACK ROCK, STEP, FULL TURN □
1-2-3&4 Step forward left, turn ½ left (weight to right), triple step backward (L,R,L)
5-6-7-8 Rock back on right, replace weight on left, turn ½ left and step right back, turn ½ left and step left forward (9:00)

REPEAT

RESTART: On the 4th wall, dance the first 16 counts adding an and (&) beat (shifting weight to left) to begin the restart on beat 17. Continue to end.

FINISH: □ When song ends, eliminate the ¼ R turn on the sweep, complete the coaster step, add a step forward left, and extend arms on "tonight." □

Enjoy!

Choreographer Contact Information:

Laura Kampschroeder | kamps1968@gmail.com | 913-888-6606 | 13407 W. 80th Terrace, Lenexa, KS 66215