

Holy Cowgirl!

COPPER KNOB
BY STEPHEN METZ

拍數: 48 牆數: 4 級數: Beginner
編舞者: Rosie Multari (USA) - August 2014
音樂: Holy Cowgirl - J Michael Harter



Start on vocals (32 counts in)

[1-8] LINDY RIGHT, ROCKIN' CHAIR*

1&2, 3,4 Step R to side(1), step L next to R(&), step R to side(2), rock L behind R(3), Recover weight to R (4)

5-8 Rock forward L (5), recover weight onto R (6), rock back L (7), recover weight onto R (8)

*Option: Step forward L (5), Pivot ½ turn right, weight on R (6), Step forward L (7), Pivot ½ turn right, weight on R (8)

[9-16] LINDY LEFT, ¼ TURN, POINT

1&2, 3,4 Step L to side(1), step R next to L(&), step L to side(2), rock R behind L(3), Recover weight to L (4)

5-8 Step forward R (5), Pivot 1/4 turn left, weight on L (6), cross R over L (7), Point L to the side (8)

[17-24] □BACK STEP & POINT, ROCK & SHUFFLE

1-4 Step back L (1), point R (or Kick) to side(2), step back R(3), point (or Kick) L to side(4)

5,6,7&8 Rock back L (5), recover weight R (6), Shuffle forward LRL(7&8)

[25-32] □□HIP BUMPS (or HEEL STRUTS**) with ¼ TURN LEFT

1&2, 3&4 Step forward R bumping hip(1), bump L hip(&) bump R hip(2), Step forward L bumping hip(3), bump R hip(&) bump L hip(4)

5&6, 7&8 Turn ¼ left as you step forward R bumping hip(5), bump L hip(&) bump R hip(6), step forward L bumping hip(7), bump R hip (&), bump L hip(8)

**Option:-

1-4 Tap R heel forward (1), shift weight to R foot(2), tap L heel forward(3), shift weight to L foot (4)

5-8 Turn ¼ left as you tap R heel forward (5), shift weight to R foot(6), tap L heel forward(7), shift weight to L foot (8)

[33-40] □LINDY RIGHT & LEFT

1&2,3,4 Step R to side(1), step L next to R(&), step R to side(2), rock L behind R(3), Recover weight to R (4)

5&6, 7,8 Step L to side(5), step R next to L(&), step L to side(6), rock R behind L(7), Recover weight to L (8)

[41-48] □HIP ROLL ¼ TURN LEFT, HIP BUMPS

1-4 Step forward R (1), 1/8 turn left shifting weight onto L (2), Step forward R (3), 1/8 turn left shifting weight onto L (4)

Styling tip: roll left hip counterclockwise on counts 2 & 4

5&6, 7&8 Step in place R, bumping hip(5), bump L hip(&) bump R hip(6), step in place L bumping hip(7), bump R hip (&), bump L hip(8)

Enjoy!

NB: If you'd like to end on the front wall, when you're dancing the final Wall 6 (3 o'clock), the first ¼ pivot left will take you to the front wall, then ignore the next ¼ turn, and hip bump or heel strut forward until the music fades, Ta Da!

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