

Now I Can Dance

COPPER KNOB
BY STEPHEN T. C.

拍数: 32 墙数: 4 级数: Improver
编舞者: Phil Sharp (UK)
音乐: Now I Can Dance - Tina Arena



STOMP-HOLD / 2 SAILOR STEPS (TRAVEL BACK) / CROSS BEHIND-UNWIND $\frac{3}{4}$

1-2 Stomp left foot in place (spread arms down to sides), hold position for one count
3&4 Step right behind left, step left slightly to left, step right slightly right
5&6 Step left behind right, step right slightly to right, step left slightly left
7-8 Cross right behind left heel, unwind $\frac{3}{4}$ right

Travel back on sailor steps

SHUFFLE FORWARD / SKATE TWICE / ROCK STEP / COASTER STEP

1&2 Shuffle forward on left-right-left
3-4 Slide right foot forward on slight diagonal right, slide left foot forward on slight diagonal left
5-6 Step right foot forward, rock weight back onto left
7&8 Step back on right, step left next to right, step right forward

SIDE ROCK / CROSS SHUFFLE / STEP-SLIDE-STEP TOGETHER-STEP-TOUCH

1-2 Step left to left side, rock weight onto right foot
3&4 Cross left over in front of right, step right to right, cross left over in front of right
5-6 Step long step right to right side (spread arms to sides), slide left next to right
&7 Step left in place next to right, step right to right side
8 Touch left toe next to right foot (close arms back to body)

1 $\frac{1}{4}$ TURN LEFT / SCUFF TWICE / $\frac{1}{4}$ TURN RIGHT AND SCUFF / SHUFFLE FORWARD

1-3 Making 1 $\frac{1}{4}$ turn left stepping on left-right-left
4 Scuff right foot forward
5 Scuff right foot back
6 Scuff right foot forward making $\frac{1}{4}$ turn right on ball of left foot
7&8 Shuffle forward on right-left-right

A grapevine with $\frac{1}{4}$ turn left can be substituted for the 1 $\frac{1}{4}$ turn left

REPEAT