

Gold

COPPER KNOB
STEPPERS

拍数: 32 墙数: 4 级数: Improver
编舞者: Karl Winson (UK)
音乐: Gold - Spandau Ballet



44 second intro, start after the 2 drum beats on the word "Gold"

SIDE HOLD, BACK ROCK, SIDE HOLD, BACK ROCK

- 1-2 Step right foot to the right side, hold
- 3-4 Rock back on the left, recover forward onto right
- 5-6 Step left foot to the left side, hold
- 7-8 Rock back on the right, recover forward onto the left

SIDE, BEHIND, RIGHT CHASSE, BACK ROCK, KICKBALL CHANGE

- 1-2 Step right foot to the right, cross left behind right
- 3&4 Step right foot to right side, step left beside right, step right to right side
- 5-6 Rock back on the left foot, recover forward onto the right
- 7&8 Kick right foot forward, step right beside left, step left foot in place

CHASSE ¼ TURN, STEP HALF TURN, RIGHT SHUFFLE, FORWARD ROCK

- 1&2 Step left foot to left side, step right beside left, step left foot to left side making ¼ turn left
- 3-4 Step forward on the right foot, make half a turn left

Restart here on wall 5

- 5&6 Step right foot forward, close left foot behind right, step right foot forward
- 7-8 Rock forward on the left, recover back on the right

BACK ROCK, SIDE ROCK, CROSS SHUFFLE, SIDE MAMBO

- 1-2 Rock back on the left, recover forward on the right
- 3-4 Rock left foot out to the left, recover back onto the right
- 5&6 Cross left over right, step right to the right side, cross left over right
- 7&8 Rock out to the right, recover onto the left, step right next to the left foot

REPEAT

TAG

At the end of wall 2

- 1-2-3&4 Rock right to right side, recover weight onto left, cross right behind left, step left to left side, cross right over the left
- 5-6-7&8 Rock left to left side, recover weight onto right, cross left behind right, step right to right side, cross left over right

Repeat the above section again

RESTART

On wall 5 after the chasse ¼, step right half turn, start from the beginning

TAG

At the end of wall 7

3 HEEL SWITCHES WITH 2 CLAPS

- 1&2&3&4 Dig right heel out, step right next to left, dig left heel out, step left next to right, dig right heel out, clap twice

TAG

On wall 10, after the forward rock and back rock on the left, stomp your left foot and then your right foot

