

Duff Love

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Jill Babinec (USA)
音乐: With Love - Hilary Duff



RIGHT TOE POINT SIDE & LEFT TOE POINT SIDE, TOUCH, BODY ROLL DOWN, LEFT MAMBO BACK, RIGHT SIDE MAMBO

1&2& Point right toe to right side, bring right foot center, point left toe out to left side, touch left toe next to right

3&4 Downward body roll (or hips right-left-right)

Optional arm movements: arms straight out in front and crossed, bring arms back to center and bent, arms straight out to each side, bring arms back to center and bent, arms up on either side of head (can be bent) as body roll, bring arms back down to side as you finish body roll &4

5&6 Rock ball of left back and at a slight angle, recover onto right, step left next to right

7&8 Rock ball of right to side, recover onto left, step right next to left

BEHIND SIDE CROSS, ROCK RECOVER CROSS, STEP LEFT FORWARD, ½ PIVOT TURN, LEFT SIDE MAMBO (OR FULL TURN)

1&2& Left cross behind right, step right out to side, left cross in front of right, rock right out to side

3-4 Recover onto left, cross right over left

5-6 Step forward on left, ½ pivot turn on ball of left while stepping right forward. (6:00)

7&8 Rock left out to side, recover right, step left next to right (6:00)

Advanced option: triple full turn in place (turning to the right) left-right-left

RIGHT TOE POINT SIDE & LEFT TOE POINT SIDE, TOUCH, BODY ROLL DOWN, LEFT MAMBO BACK, RIGHT SIDE MAMBO

1&2& Point right toe to right side, bring right foot center, point left toe out to left side, touch left toe next to right

3&4 Downward body roll (or hips right-left-right)

Optional arm movements: arms straight out in front and crossed, bring arms back to center and bent, arms straight out to each side, bring arms back to center and bent, arms straight up above head as you body roll, bring arms back down to side as you finish body roll &4

5&6 Rock ball of left back and at a slight angle, recover onto right, step left next to right

7&8 Rock ball of right to side, recover onto left, step right next to left

BEHIND SIDE CROSS, ROCK RECOVER CROSS, STEP LEFT FORWARD, ½ PIVOT, ¼ PIVOT TOUCH

1&2& Left cross behind right, step right out to side, left cross in front of right, rock right out to side

3-4 Recover onto left, cross right over left

5-6 Step forward on left, ½ pivot turn on ball of left while stepping right forward. (12:00)

7-8 Left step forward and on ball of left start ¼ pivot right, finish the ¼ pivot with a touch of right toe next to left (3:00)

RIGHT SLIDE, DRAG, ROCK RECOVER, LEFT SLIDE, DRAG, ROCK RECOVER

1-4 Right long step to right, drag left to right, rock ball of left behind right, recover on right

5-8 Left long step to left as drag right to left, drag right to left, rock ball of right behind left, recover on left

¼ TURN, ½ TURN BACK, RIGHT COASTER, LEFT KICK BALL FORWARD RIGHT STEP, LEFT SIDE ROCK RECOVER CROSS

1-2 Right step forward as you make ¼ turn right, turn on ball of right ½ turn to left as left sweeps and steps slightly back (12:00)

3&4 Right steps back, left steps next to right, right steps forward

5&6 Kick left forward, step on ball of left next to right, step forward on right

7&8 Rock ball of left to side, recover onto right, cross left over right

RIGHT SLIDE BACK WITH ¼ TURN LEFT, DRAG HEEL, ROCK RECOVER, LEFT SLIDE, DRAG, ROCK RECOVER

- 1-2 Pivot on ball of left ¼ turn to left as you long step back on right, drag left heel next to right (9:00)
- 3-4 Rock ball of left next to right, recover on right
- 5-8 Left long step to left as drag right to left, drag right to left, rock ball of right behind left, recover on left

RIGHT KNEE ROLL OUT-IN, LEFT KNEE ROLL OUT-IN, RIGHT CROSS, LEFT BACK, WALK FORWARD RIGHT- LEFT

- 1-2 Right step forward as roll knee outward (to the right), roll right knee inward (to the left) and place weight on right
- 3-4 Left step forward as roll knee outward (to the left), roll left knee inward (to the right) and place weight on left
- 5-6 Cross right over left, step back slightly on left

Advanced option:

- 5&6& Cross right over left, left step back slightly diagonal, step slightly out to right side on right, step left next to right
- 7-8 Walk forward on right, walk forward on left

REPEAT

TAG

During wall 4, dance only the first 32 counts, then do the following tag, then restart the dance at count 1

- 1-4 Sway hips right-left-right-left (weight on left)
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