

J Ho AB

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 2 级数: Absolute Beginners
编舞者: Tiffany Carter (UK) - April 2009
音乐: Jai Ho! (You Are My Destiny) (feat. Nicole Scherzinger) - A. R. Rahman & The Pussycat Dolls



Right Grapevine, Side Touches

1-2 Step Right To Right Side, Cross Left Behind Right
3-4 Step Right To Right Side, Touch Left Beside Right
5-6 Step Left To Left Side, Touch Right Beside Left
7-8 Step Right To Right Side, Touch Left Beside Right

optional arms: Both arms out to sides making a big circle up and over head bringing them down in front of body to meet in prayer position.

Left Grapevine, Side Touches

9-10 Step Left To Left Side, Cross Right Behind Left
11-12 Step Left To Left Side, Touch Right Beside Left
13-14 Step Right To Right Side, Touch Left Beside Right
15-16 Step Left To Left Side, Touch Right Beside Left

optional arms: Both arms out to sides making a big circle up and over head bringing them down in front of body to meet in prayer position.

Step Forward Right & Heel Bounces ¼ Turn Left X2

17-20 Step Right Forward, Bounce Both Heels 3 Times Turning ¼ Left
21-24 Step Right Forward, Bounce Both Heels 3 Times Turning ¼ Left

optional arms: Tommy Cooper "Just Like That" or

Put arms straight down with palms facing ground and bounce shoulders in time with heel bounces

'V Step' X2

25-26 Step Forward And Out On Right, Step Forward And Out On Left
27-28 Step Back On Right, Close Left To Right
29-30 Step Forward And Out On Right, Step Forward And Out On Left
31-32 Step Back On Right, Close Left To Right

Start Again And Enjoy