

Smo Shinin'

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: Beginner
编舞者: Pat Esper (USA) - March 2013
音乐: Hell Raisin' Country (feat. Big Smo) (Remix) - Moonshine Bandits



Walk, Walk, Heel pump, Heel pump, Back, Back, Coaster step

- 1-2 . Step forward on the right foot. Step forward on the left foot.
- 3&4 . Touch the right heel forward, Raise the right knee to a hitch, Touch the right heel forward.
- 5-6 . Step back on the right foot. Step back on the left foot.
- 7&8 . Step back on the right foot, Step the left foot next to the right, Step forward on the right foot.

Walk, Walk, Heel pump, Heel pump, Back, Back, Coaster step

- 9-10 . Step forward on the left foot. Step forward on the right foot.
- 11&12 . Touch the left heel forward, Raise the left knee to a hitch, Touch the left heel forward.
- 13-14 . Step back on the left foot. Step back on the right foot.
- 15&16 . Step back on the left foot, Step the right foot next to the left, Step forward on left foot.

Heel pumping quarter turn*, Weave, Rock, Recover, Weave

- 17&18 . Touch the right heel forward, Hitch the right knee up while turning a quarter turn left, Touch the right heel forward. *(Option: bump the right hip out twice while turning)
- 19&20 . Step the right foot behind the left, Step the left foot to the side, Step the right foot across the left.
- 21-22 . Rock the left foot to the side. Recover onto the right foot.
- 23&24 . Step the left foot behind the right, Step the right foot to the side, Step the left foot across the right.

Forward, Touch, Forward, Touch, Back, Touch, Back, Touch

- 25-26 . Step forward at an angle on the right foot. Touch the left foot next to the right.
- 27-28 . Step forward at an angle on the left foot. Touch the right foot next to the left.
- 29-30 . Step back at an angle on the right foot. Touch the left foot next to the right.
- 31-32 . Step back at an angle on the left foot. Touch the right foot next to the left.

Start dance again

Contact: ptesper@gmail.com - on face book at The Redneck Revolution (of music and dance with Pat Esper)