

To Lead A Better Life

COPPER KNOB
BY STEPHENETS

拍數: 32 牆數: 4 級數: High Beginner
編舞者: Annette Lapp (DK) - August 2019
音樂: Here, There & Everywhere - The New Seekers & Keith Potger : (Album: The Albums 1970 - 73 - iTunes)



Intro: 12 count

Side, Together, Shuffle Forward, Side, Behind, ¼ Turn Left Shuffle Forward

1-2 Step right to right, left beside right
3 & 4 Step right forward, left beside right, step right forward
5 – 6 Step left to left, step right behind left
7&8 ¼ turn left stepping left forward, step right beside left, step left forward

Rock Step Right, &, Rock Step Left, &, Sway Right, Left, Shuffle Back

1 – 2 & Rock right forward, recover onto left, right beside left
3 – 4 & Rock left forward, recover onto right, left beside right
5 – 6 Sway right, sway left
7 & 8 Step right back, step left beside right, step right back

Back Rocking Chair, ½ Turning Shuffle Left, ½ Turning Shuffle Right

1 – 2 Rock left back, recover onto right
3 – 4 Rock left forward, recover onto right
5 & 6 ¼ turn left stepping left to left, step right beside left, ¼ turn left stepping left forward
7 & 8 ¼ turn right stepping right to right, step left beside right, ¼ turn right stepping right back

Sailor Step Left and Right, Cross, Unwind ½ Right, Kick Ball Change

1&2 Step left behind right, step right to right, step left to left
3&4 Step right behind left, step left to left, step right to right
5 – 6 Cross left over right, on ball turn ½ right (weight on right)
7&8 Kick left forward, left beside right, touch right beside left

Ending: Dance up to count 24 (12.00) and pose

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