

You Can't Escape

COPPER KNOB
STEPPERS

拍數: 48 牆數: 2 級數: Improver
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音樂: My Girl Josephine - Queen Ida



SIDE, HOLD, ROCK BACK, ROCK FORWARD, SIDE, HOLD, ROCK BACK, ROCK FORWARD

- 1-2 Step on the ball of the right foot to right side, hold
- 3-4 Bring right heel to floor, as you cross rock back on left, recover weight onto right
- 5-6 Step on the ball of the left foot to left side, hold
- 7-8 Bring left heel to floor, as you cross rock back on left, recover weight onto right

2 TOE STRUTS FORWARD, HEEL GRIND, STEP BACK, BACK

- 9-10 Step right toe forward, lower right heel to floor
- 11-12 Step left toe forward, lower left heel to floor
- 13-14 Place right heel forward, grind right heel arching right
- 15-16 Step back right, step back left

2 TOE STRUTS BACK, ROCK BACK, ROCK FORWARD, STEP ¼ PIVOT

- 17-18 Step right toe back, lower right heel to floor
- 19-20 Step left toe back, lower left heel to floor
- 21-22 Rock back on right, recover weight onto left
- 23-24 Step forward on right, pivot ¼ turn left on balls of feet, placing weight on left

CROSS TOE/HEEL, SIDE TOE/HEEL, STEP ½ PIVOT, STEP, HOLD (CLAP)

- 25-26 Cross touch right toes over left foot, press right heel down
- 27-28 Touch left toes to left side, press left heel down
- 29-30 Step forward on right, pivot ½ turn left on balls of feet, placing weight on left
- 31-32 Step forward on right, hold for one beat while clapping hands once

WALK, WALK, ROCK FORWARD, ROCK BACK, ¾ TURN TRIPLE STEP, WALK, WALK

- 33-34 Walk forward on left, walk forward on right
- 35-36 Rock forward on left, recover weight onto right
- 37&38 Turning triple step ¾ turn to the left stepping left-right-left
- 39-40 Walk forward on right, walk forward on left

4 HEEL TOUCHES WITH SLIGHT KNEE BENDS

- 41 Bend both knees slightly, then back up, as you touch right heel forward
- 42 Bend both knees slightly, as you bring right back to center
- 43 Bring both knees back up, as you touch left heel forward
- 44 Bend both knees slightly, as you bring left back to center
- 45 Bring both knees back up, as you touch right heel forward
- 46 Bend both knees slightly, as you bring right back to center
- 47 Bring both knees back up, as you touch left heel forward
- 48 Bend both knees slightly, then back up, as you bring left back to center, placing weight on left

REPEAT