

Jay Mo

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Improver west coast swing
編舞者: Nikki Wyllie (USA)
音樂: You Da Man - Jameson Clark



POINT, CROSS, POINT, CROSS, FORWARD ROCK STEP, COASTER WITH ¼ TURN RIGHT

- 1-2 Point right foot out to side (keep weight on left foot), cross right foot forward over left
- 3-4 Point left foot out to side (keep weight on right foot), cross left foot forward over right
- 5-6 Rock right foot forward, recover weight on left
- 7&8 Step back on right, step left next to right, ¼ turn right on right

POINT, CROSS, POINT, CROSS, FORWARD ROCK STEP, LEFT COASTER STEP

- 1-2 Point left foot out to side (keep weight on right foot), cross left foot forward over right
- 3-4 Point right foot out to side (keep weight on left foot), cross right foot forward over left
- 5-6 Rock left foot forward, recover weight on right
- 7&8 Step back on left, step right next to left, step forward on left

HIP ROLL TO THE RIGHT TWICE, RIGHT VINE

- &1-2 Touch right foot slightly forward, with weight on left roll hips to the right
- 3-4 Roll hips to the right
- 5-6 Step right on right, cross left behind right
- 7-8 Step right on right, touch left slightly forward (set up for hip roll)

HIP ROLL TO THE LEFT TWICE, TRIPLE SIDE, BACKWARD ROCK STEP

- 1-2 Roll hips to the left
- 3-4 Roll hips to the left
- 5&6 Step left on left, step right next to left, step left on left
- 7-8 Rock back on right foot, recover weight on left

REPEAT

HIP ROLL ALTERNATIVES:

- #1: push hips: forward, backward, forward, backward
 - #2: rocking chair: rock forward, recover, rock backward, recover
 - #3: body rolls: forward or side
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