

Groove To The Music

COPPER KNOB
BY SHEETS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Roz Morgan (USA)
音樂: We've Got It Goin' On - Backstreet Boys



SCUFF, TAP, HEEL, HEEL, ½ TURN, SHUFFLE

- 1 Scuff right foot forward
- 2 Tap right toes
- 3-4 Tap right heel twice (take weight on second tap)
- 5 Step forward on left foot
- 6 Pivot ½ turn right on right foot
- 7&8 Shuffle forward left, right, left

OUT, OUT, IN, IN, KICK, COASTER STEP, ROCK, RECOVER, TOUCH

- 1 Step out with right foot
- 2 Step out with left foot
- 3&4 Step in with right foot, step in with left foot, kick right foot forward
- 5&6 Step back on right foot, step left foot next to right foot, step forward on right foot
- 7&8 Rock forward on left foot, recover on right foot, touch left foot next to right foot (no weight)

KNEE ROLLS, SHUFFLE, KICK BALL CHANGE

- 1 Roll left knee out with left heel up
- 2 Roll left knee in as you drop left heel
- 3 Roll right knee out with right heel up
- 4 Pivot ¼ turn right on left foot as you roll right knee to right (no weight)
- 5&6 Shuffle forward right, left, right
- 7&8 Kick left foot forward, step down on left foot, change weight to right foot

ROCK FORWARD, RECOVER, ROCK BACK, RECOVER, ROCK SIDE, RECOVER, CROSS, UNWIND ½ TURN, COASTER STEP, STEP FORWARD

- 1& Rock forward on left foot, recover on right foot
- 2& Rock back on left foot, recover on right foot
- 3& Rock left foot to left side, recover on right foot
- 4 Cross left foot over right foot
- 5 Unwind ½ turn to right
- 6&7 Step back on right foot, step left foot next to right foot, step forward on right foot
- 8 Step forward on left foot

REPEAT
