

Groovin Country

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Jo Kinser (UK)
音樂: Groove It Country - Ronnie Beard



SIDE SHUFFLE RIGHT, LEFT ROCK BACK, RECOVER, SIDE SHUFFLE LEFT, RIGHT TOUCH BACK, ½ RIGHT

- 1&2 Side step right, bring the left foot next to the right (weight left), side step right
- 3-4 Rock back on the left foot, recover forward on the right foot
- 5&6 Side step left, bring the right next to the left (weight right), side step left
- 7-8 Touch the right foot back, make a ½ over the right shoulder (weight right)

CROSS TOUCHES, OUT OUT, CLICK, POP KNEES TWICE

- 1-2 Touch the left foot out to the left side, cross the left foot over the right foot, weight left
- 3-4 Touch the right foot out to the right side, cross the right foot over the left foot weight right
- &5-6 Step the left foot out to the left side, and the right foot out to the right side (shoulder width apart), click fingers
- &7&8 Pop knees forward twice lifting heels off the floor

STEP TOGETHER RIGHT & LEFT, ROLL HIPS THREE TIMES TO THE LEFT, PUSH BACK TOGETHER TWICE

- &1-4 Step together right & left, roll your hips and knees to the left for three counts using arms above head for styling
- &5-6 Step back right and left (feet together) pushing your hips back and extending your arms forward with palms forward (&5), straighten up with arms back down
- &7-8 Repeat &5-6

RIGHT ROCK AND CROSS, LEFT ROCK AND CROSS, RIGHT ROCK AND CROSS, LEFT ROCK AND CROSS TRAVELING FORWARD

- 1&2 Rock the right foot out to the right side, replace weight left, cross the right foot in front of the left, weight right
- 3&4 Rock the left foot out to the left side, replace weight right, cross the left foot in front on the right, weight left
- 5&6 Rock the right foot out to the right side, replace weight left, cross the right foot in front on the left, weight right
- 7&8 Rock the left foot out to the left side, replace weight right, cross the left foot in front on the right, weight left

REPEAT