

# Don Crest Disco Mix

COPPER KNOB  
BY STEPHEN

拍數: 64      牆數: 0      級數:  
編舞者: Nelson Wong (CAN)  
音樂: Unknown



This dance can be danced as regular 1 wall line dance, as a circle line dance or a contra circle line dance with the inner circle facing outside

## ROLLING FULL TURN LEFT, TOUCH, ROLLING FULL TURN RIGHT, TOUCH

- 1            Turn  $\frac{1}{4}$  left as you step left forward (to the side)
- 2-4        Step back turning an additional  $\frac{1}{2}$  left, step left to left side by continuing turning  $\frac{1}{4}$  left, touch right next to left
- 5-8        Repeat full turn traveling to the right, touch together

## FORWARD & BACK WITH CHA-CHA-CHA'S (BASIC 8 CT. CHA-CHA-CHA)

- 1&2        Step left; right; left (cha-cha-cha with slight progression forward)
- 3-4        Right rock-step forward; left rock-step back (bowing with right hand put in front of waist and palm facing body)

### Say "hello" or "how are you?" (the first time only)

- 5&6        Step right; left; right (cha-cha-cha with slight progression backward)
- 7-8        Step left foot back; hitch right foot and bend your back slight backward

## HEEL SWITCHES WITH CLAPS

- 1&2        Touch right heel forward, replace right next to left, touch left heel forward
- 3&4        Replace left next to right, touch right heel forward, clap hands twice
- 5&6        Replace right next to left, touch left heel forward, replace left next to right, touch right heel forward
- 7&8        Replace right next to left, touch left heel forward, clap hands twice

## ROCK STEPS LEFT FOOT IN FRONT (OR ROGER RABBIT)

- 1-2        Left foot rock-step forward; right foot rock-step back
- 3-6        Repeat 1-2 two times
- 7-8        Make a  $\frac{1}{2}$  turn to the left and step left foot forward; scuff with right foot (everyone now facing outward in the circle)

## ROCK STEPS RIGHT FOOT IN FRONT (OR ROGER RABBIT)

- 1-2        Right foot rock-step forward; left foot rock-step back
- 3-6        Repeat 1-2 two times
- 7-8        Make a  $\frac{1}{2}$  turn to the right and step right foot; left foot touches next to right foot (everyone now facing inward)

## DISCO STEPS TO THE LEFT, RIGHT FORWARD AND BACKWARD

- 1-2        Step left foot to left side, right foot touches next to left foot
- 3-4        Step right foot to right side, left foot touches next to right foot
- 5-6        Step left foot forward, right foot touches next to left foot
- 7-8        Step right foot backward, left foot touches next to right foot

## VINE RIGHT, NEW YORK AND SHUFFLE TO THE LEFT

- 1-4        Left foot cross over right foot, side, behind and make a to the right  $\frac{1}{4}$  turn by stepping right foot forward
- 5-6        New York, rock left foot forward and rock back on right foot
- 7&8        Shuffle to the left: left-right-left while making  $\frac{1}{4}$  turn to the left

## **VINE LEFT, NEW YORK AND STEP/TOUCH**

1-6 Repeat previous 6 counts in a mirror image

7-8 Right foot step to right; left foot touches next to right foot

**REPEAT**

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