

And They Danced

COPPER KNOB
BY STEPHEN HETS

拍數: 52 牆數: 4 級數: Intermediate
編舞者: Peter Metelnick (UK)
音樂: They Dance! - Barry Manilow



Starting with feet apart

HIP BUMPS LEFT & RIGHT, RIGHT & LEFT SAILOR STEPS, RIGHT FORWARD, ½ LEFT PIVOT TURN

1-2 Bump hips left, bump hips right
&3&4 Shift weight on left, cross right foot behind left, step left to left side, step right to right
5&6 Cross left foot behind right, step right foot to right side, step left foot to left
7-8 Step right foot forward, pivot ½ left

RIGHT FORWARD, LEFT TOUCH TOGETHER, LEFT BACK, RIGHT HEEL FORWARD, RIGHT BACK LEFT STEP FORWARD, RIGHT FORWARD, ½ LEFT PIVOT TURN, RIGHT FORWARD SHUFFLE

1-2 Step right foot forward, touch left together
&3&4 Step left foot back, touch right heel forward, step right foot back, step left foot forward
5-6 Step right foot forward, pivot ½ left
7&8 Step right foot forward, step left foot together, step right foot forward

LEFT FORWARD, RIGHT TOUCH TOGETHER, RIGHT BACK, LEFT HEEL FORWARD, LEFT BACK, RIGHT STEP FORWARD, LEFT FORWARD, ¼ RIGHT PIVOT TURN, LEFT CROSSING SHUFFLE

1-2 Step left foot forward, touch right together
&3&4 Step right foot back, touch left heel forward, step left foot back, step right foot forward
5-6 Step left foot forward, pivot ¼ right
7&8 Cross step left foot over right, step right foot to right side, cross step left foot over right

RIGHT TO RIGHT SIDE, ½ LEFT & LEFT TO LEFT SIDE, CORNER SYNCOPATED CROSS ROCK & RECOVER TURNING TO NEXT CORNER TO THE RIGHT, LEFT FORWARD, RIGHT HITCH, RIGHT BACK COASTER STEP SQUARING TO THE WALL

1-2 Step right foot to right side, turning ½ left step left to left side
3&4 Looking at corner to your left cross rock right foot over left, recover weight on left foot, step
right foot to right side turning to look at next corner to your right
5-6 Towards corner step left foot forward, hitch right knee up
7&8 Step right foot back, step left foot together, step right foot forward (turning towards wall)

LEFT FORWARD, ½ RIGHT PIVOT TURN, ¼ RIGHT & LEFT TO LEFT SIDE, RIGHT TOUCH TOGETHER, VINE RIGHT 2, RIGHT TO RIGHT SIDE, LEFT CROSS TOUCH, LEFT TO LEFT SIDE, RIGHT CROSS STEP

1-4 Step left foot forward, pivot ½ right, turning ¼ right step left foot to left side, touch right
together
5-6 Step right foot to right side, cross step left foot behind right
&7&8 Step right foot to right side, cross touch left over right, step left to left side, cross step right
foot over left

3 - ¼ RIGHT HITCH TURNS, LEFT DIAGONAL KICK, LEFT & RIGHT " REVERSE" SAILORS

&1 Hitch left knee up turning ¼ right on right foot, touch left toes to left side
&2 Hitch left knee up turning ¼ right on right foot, touch left toes to left side
&3 Hitch left knee up turning ¼ right on right foot, touch left toes to left side
4 Kick left foot forward on left diagonal
5&6 Cross left over right, step right foot to right side, step left foot back
7&8 Cross right over left, step left foot to left side, step right foot back

LEFT BACK COASTER STEP, RIGHT KICK & STEP RIGHT & LEFT APART

1&2 Step left foot back, step right foot together, step left foot forward

3&4 Kick right foot forward, step right foot apart, step left foot apart

REPEAT
