

Swiss Park

COPPER KNOB
STEPMATS

拍數: 64 牆數: 2 級數: Advanced Beginner - Two-Step
編舞者: Henry Costa (USA) - January 2013
音樂: If I Ever Get to Saginaw Again - The Monkees : (CD: Missing Links Volume 2)



**FORWARD (SLOW), HOLD, FORWARD (SLOW), HOLD, FORWARD (QUICK) ¼ TURN LEFT (QUICK)
CROSS RIGHT IN FRONT OF LEFT (SLOW), HOLD**

1-4 Forward Right, Hold, Forward Left, Hold
5-8 Forward Right, ¼ Left with left foot, Cross Right in Front of Left, Hold (weight on right)

**BACK 1/4 TURN RIGHT (SLOW), HOLD, 1/4 TURN RIGHT (SLOW), HOLD, LEFT NEXT TO RIGHT
(QUICK), ¼ TURN RIGHT (QUICK), LEFT NEXT TO RIGHT (SLOW), HOLD**

1-4 ¼ turn right, stepping back with left, Hold, ¼ turn right turning with right, Hold
5-8 Left next to right, ¼ turn right with right, left next to right, Hold (weight on left)

**SIDE (SLOW), HOLD, TOGETHER(SLOW), HOLD, BACK RIGHT(QUICK) BACK LEFT(QUICK) BACK
RIGHT(SLOW), HOLD**

1-4 Side right, Hold, Left next to right, Hold
5-8 Back Right, back Left, Back right, Hold (weight on right)

**SIDE (SLOW), HOLD, TOGETHER (SLOW), HOLD, FORWARD LEFT (QUICK) FORWARD RIGHT(QUICK)
FORWARD LEFT(SLOW), HOLD**

1-4 Side Left, Hold, right next to left, Hold
5-8 forward left, forward right, forward left, Hold (weight on left)

**CROSS RIGHT (SLOW), HOLD, BACK WITH LEFT (SLOW), HOLD, ¼ TURN RIGHT (QUICK), FORWARD
LEFT (QUICK), POINT SIDE RIGHT WITH RIGHT (SLOW), HOLD**

1-4 Cross right in front of left, Hold, step back with left, Hold
5-8 ¼ Turn right with right, Forward Left, Point side right with right (weight on left), Hold

**CROSS RIGHT (SLOW), HOLD, BACK WITH LEFT (SLOW), HOLD, ¼ TURN RIGHT (QUICK), FORWARD
LEFT (QUICK), POINT SIDE RIGHT WITH RIGHT (SLOW), HOLD**

1-5 Cross right in front of left, Hold, step back with left, Hold
5-8 ¼ Turn right with right, Forward Left, Point side right with right (weight on left), Hold

**DROP WEIGHT ON RIGHT (SLOW), HOLD, RECOVER LEFT(SLOW), HOLD, (Triple half turn right) CROSS
BEHIND (QUICK) SIDE LEFT(QUICK) CROSS IN FRONT (SLOW), HOLD**

1-4 Drop weight down on right from toe touch, Hold, Recover back on Left, Hold
5-8 Cross right behind left, step side left, cross right in front of left, Hold (weight on right)

**SIDE LEFT (SLOW), HOLD, RECOVER RIGHT (SLOW), HOLD, [LEFT ½ SAILOR STEP WITH FORWARD
STEP] LEFT BEHIND (QUICK), ½ TURN LEFT(QUICK), SLIGHTLY FORWARD LEFT (QUICK), HOLD**

1-4 Step side left, Hold, recover right, Hold
5-8 Cross left behind, ½ turn left stepping down on right, slightly forward left , Hold (weight on left)

BEGIN AGAIN!

Choreographers note: For teaching/dancing: if the dance is broken down into patterns of 8 beats with "quick" getting 1 beat and "slow" getting 2 beats the two step rhythm breakdown of the dance for each set of 8 would be: (1-8) slow, slow, quick, quick, slow (9-16) slow, slow, quick, quick, slow (17-24) slow, slow, quick, quick, slow (25-32) slow, slow, quick, quick, slow (33-40) slow, slow, quick, quick, slow (41-48) slow, slow, quick, quick, slow (49- 56) slow, slow, quick, quick, slow (57-64) slow, slow, quick, quick, slow (total 64 cts)

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