

just Let it Go!

COPPER KNOB
BY STEPHEN HETS

拍数: 48 墙数: 2 级数: Advanced
编舞者: Guyton Mundy (USA) & Niels Poulsen (DK) - August 2014
音乐: Let Me Go (feat. Chad Kroeger) - Avril Lavigne : (iTunes)



Intro: Start after 16 counts (app. 18 secs into track). Weight on L.

***1 EASY bridge: During wall 3 (starts facing 12:00), after 24 counts, facing 7:30, you have a 2 count bridge: Square up to 6:00 and add 2 slow sways R and L. Then continue with the dance from count 25. □**

NOTE! Do the dance to the full length version of the music (4.29 mins). There is a cut version circulating around but please don't do it to that. Thanks. □

[1 – 8] Fwd R, L mambo, ½ L sweep, behind side cross, ½ L sweep, behind turn step, rock & run

- 1 – 2&a Step fwd on R (1), rock fwd on L (2), recover back on R (&), step back on L (a) 12:00
- 3 – 4&a Step back on R turning ½ L and sweeping L to L side (3), cross L behind R (4), step R to R side (&), cross L over R (a) 6:00
- 5 – 6&a Turn ¼ L stepping back on R continuing to turn ¼ L sweeping L to L side (5), cross L behind R (6), turn ¼ R stepping fwd on R (&), step fwd on L (a) 12:00
- 7 – 8&a Rock fwd on R (7), recover back on L (8), step back on R (&), step back on L (a) 3:00

[9 – 16] ¼ R lunge, 2 full turns L, behind side cross, lunge R, spin full turn L, vine ¼ R, step 3/8 R

- 1 – 2&a Turn ¼ R lunging R to R side (1), turn ¼ L stepping fwd on L (2), turn ½ L stepping back on R (&), turn ½ L stepping fwd on L (a) 3:00
- 3 – 4&a Turn ½ L stepping back on R continuing to turn ¼ L on R sweeping L to L side (3), cross L behind R (4), step R to R side (&), cross L over R (a) 6:00
- 5 – 6 Lunge R to R side (5), recover on L spinning a full turn L bringing R foot next to L during turn (6) 6:00
- 7&a Step R to R side (7), cross L behind R (&), turn ¼ R stepping fwd on R (a) 9:00
- 8&a Step fwd on L (8), turn 3/8 R onto R (&), step fwd on L (a) 1:30

[17 – 24] Rock R fwd, run back, ¼ R sway, 3 quick sways, ¼ R sweep, step lock step, 2 spiral turns

- 1 – 2&a Rock fwd on R (1), recover back on L (2), step back on R (&), step back on L (a) 1:30
- 3 – 4&a Turn ¼ R stepping R to R side with a R sway (3), sway L (4), sway R (&), sway L (a) 4:30
- 5 – 6&a Turn 1/4 R onto R sweeping L fwd (5), step fwd on L (6), lock R behind L (&), step fwd on L (a) 7:30
- 7a8a Step fwd on R doing a full spiral turn L (7), step fwd on L (a) step fwd on R doing a full spiral turn L (8), step fwd on L (a) 7:30

[25 – 32] 1/8 L basic R, side behind sweep, behind side fwd, rock R fwd, back & ½ L into walk R L

- 1 – 2&a Turn 1/8 L stepping R to R side (1), step L behind R (2), cross R over L (&), step L to L side (a) 6:00
- 3 – 4&a Cross R behind L sweeping L to L (3), cross R behind L (4), step R to R (&), step fwd on L (a) 6:00
- 5 – 6&a Rock R fwd reaching L arm fwd (5), recover on L (6), step R back (&), turn ½ L onto L (a) 12:00
- 7 – 8 Walk fwd on R reaching R arm fwd (7), walk fwd on L reaching L arm fwd (8) 12:00

[33 – 40] Side R, back rock, 1/4 L, step ½ L, run R L, step ½ L, reverse ½ R, 1 ¼ R with sweep

- 1 – 2&a Step R to R side (1), rock back on L (2), recover on R (&), turn ¼ L stepping fwd on L (a) 9:00
- 3 – 4&a Step fwd on R (3), turn ½ L stepping onto L (4), run fwd on R (&), run fwd on L (a) 3:00
- 5 – 6 Step fwd on R (5), turn ½ L stepping onto L (6) 9:00

7&a8 Turn ½ R onto R (7), turn ½ R stepping back on L (&), turn ½ R onto R (a), turn ¼ R stepping L to L side and sweeping R to R side (8) 6:00

[41 – 48] Behind sweep, behind side cross, full turn diamond, L coaster step

1 – 2&a Cross R behind L sweeping L to L (1), cross L behind R (2), step R to R (&), cross L over R (a) 6:00

3 – 4&a Step R to R side (3), turn 1/8 L stepping back on L (4), step back on R (&), turn ¼ L stepping L to L side (a) 1:30

5 – 6&a Turn 1/8 L stepping R to R side (5), turn 1/8 L stepping back on L (6), step back on R (&), turn ¼ L stepping L to L side (a) 7:30

7 – 8&a Turn 1/8 L stepping R to R side (7), step back on L (8), step R next to L (&), step fwd on L (a) 6:00

Start again

Ending: You automatically end facing 12:00. Wall 6 is your final wall (starts facing 6:00). Your last step is count 31 so make it big! 12:00

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