

Centuries

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Improver
编舞者: Bobbey Willson (USA) - November 2014
音乐: Centuries - Fall Out Boy



BEGINS WITH LYRICS

RESTARTS AFTER COUNTS 1-24 on Walls 3 and 6.

STEP CLAPS TO DIAGONALS

1 2 Step R fwd to diagonal 1:30, step L to R and clap
3 4 Step L back to diagonal 7:30, step R to L and clap
5 6 Step R back to diagonal 4:30, step L to R and clap
7 8 Step L fwd to diagonal 10:30, step R to L and clap

STEP STEP, SYNC-STEPS, STEP STEP, SYNC-STEPS

1 2 Step R to right, step L behind R
3&4 Step R to right, step L to R, step R in place
5 6 Step L to left, step R behind L
7&8 Step L to left, step R to L, step L in place
(can hold arms up "remember me!" on #s 1,2,5,6)

1/4 TURN CHASSE, 1/2 TURN CHASSE, 1/4 STEP TO SIDE FULL TURN STEPS

1&2 Turn 1/4 to left and step R to right, step L to R, step R to right
3&4 Turn 1/2 to right and step L to left, step R to L, step L to left
5&6 Turn 1/4 to left and step R to right, turn 1/2 to left and step L fwd
7&8 Turn 1/2 to left and step R, step L wide to R

RESTART HERE AT WALL 3 (6:00) AND WALL 6 (12:00)

ROCK-REC STEP BACK, L CROSS SHUFFLE, STEP STEP SLIDE, 3 STEPS BACK

1&2 Cross rock R over L, recover to L, rock R back diagonal
3&4 Cross L over R, step R behind L, cross R over L
5&6 Step fwd R to diagonal, step L wide to left, slide R to L
7&8 Step back L w/ 1/4 turn to right, step back R, step back L

REPEAT

Very aggressive music - strong beat - meant to be danced with vigor! Reminds me of songs from "years" ago...