

My Silver Lining

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Phrased Intermediate
编舞者: Barbara Tobin (USA) - January 2015
音乐: My Silver Lining - First Aid Kit



Notes: Dance has A & B sections. However, on Wall 3 there is "Section A1" which has 24 counts instead of 32 (with a slight step change); and on Wall 7 "Section A2" is 16 instead of 32 (with a slight step change).

Order: A, A, A1, B, A, A, A2, B, A, A, A (last A has slight step change to end at 12:00)
Intro: 16 counts (on vocals)

SECTION A: 32 counts

Start with weight on left.

A[1-8]□□Front cross rocks, rock recover, right full turn with spin on R

1&2 R cross rock over L (1), recover back on L (&), R step to right side (2)
3&4 L cross rock over R (3), recover back on R (&), L step to left side (4)
5,6 R forward (5), recover back L (6)
7,8 1/2 right turn step R forward (7) 6:00, 1/2 spin on R bringing L next to R, weight L 12:00

A[9-16]□□Mambo X2, 1/4 left pivot, cross-and-cross

1&2 R rock to right side (1), L recover (&), R step next to L (2)
3&4 L rock to left side (3), R recover (&), L step next to R (4)
5,6 R step forward (5), 1/4 left turn pivot weight on L (6) 9:00
7&8 Cross R step over L (7), L ball step (&), cross step R over L (8)

A[17-24]□□Side rock recover, weave, pivot, hitch, shuffle

1,2 L side rock (1), R recover (2)
3&4 L behind R (3), step R to right (&), cross L over R (4)
5, 6 1/4 right turn R step forward (5) 12:00, hitch L while turning 1/2 right (6) 6:00
7&8 L step forward (7), R ball step (&), L forward

A[25-32]□□Rock, sweep, sweep, sailor X2

1,2 Rock forward R (1), pushing off R recover to L back as you sweep R front to back (2)
3,4 Step R back (3), sweep L back and take weight (4)
5&6 Cross R behind L (5), step L to left (&), step R to right side (6)
7&8 Step L back (7), step R forward (&), step L to left side (8)

SECTION B: 32 counts (always starts facing 12:00)

B[1-8]□□Point X2, pivot left 1/2 turn, full left turn

1,2 Step R forward (1), point L left side (2)
3,4 Step L forward (3), point R right side (4)
5,6 Step R forward (5), left 1/2 turn pivot (6) 6:00
7,8 Turn left 1/2 turn step R back (7) 12:00, turn left 1/2 turn step L forward (8) 6:00

B[9-16]□□Shuffle, rock recover, syncopated jazz box

1&2 R forward (1), left ball step (&), R forward (2)
3,4 L rock forward (3), recover back R (4)
5,6,7,8& Step L back (5), cross R over L (6), step L back (7), R to right side (8), recover L (&)

B[17-24]□□Point, point, pivot left 1/2 turn, full left turn

1,2 Step R forward (1), point L left side (2)
3,4 Step L forward (3), point R right side (4)
5,6 Step R forward (5), left 1/2 turn pivot (6) 12:00

7,8 Turn left 1/2 turn step R back (7) 6:00, turn left 1/2 turn step L forward (8) 12:00

B[25-32]□□ Stomp X3 *timed to vocals*, hold, left mambo, side rock recover, touch

1,2,3,4 R stomp (1) "I", L stomp (2) "won't", R stomp (3) "take", hold (4)

5&6 L rock to left side (5), R recover (&), L step to R (6)

7&8 R side rock (7), L recover (&), touch R next to L (8)

SECTION A1:□ Start at 12:00

Sections 1 and 2 are the same as A.

Section 3: Counts 1-4 the same.

Make 1/4 right turn hitch, shuffle (9:00)

5, 6 1/4 right turn R step forward (5) 12:00, hitch L (6)

7&8 L step forward (7), R ball step (&), L forward

SECTION A2:□ Start at 12:00

Section 1 is the same as A.

Section 2: Counts 1-4 the same (mambos).

Cross rocks X2 (12:00)

5&6 R cross rock over L (5), recover back on L (&), R step to right side (6)

7&8 L cross rock over R (7), recover back on R (&), L step to left side (8)

ENDING: Section A same until last 2 counts

Sailor 1/4 left turn X2 to end at 12:00

7&8 Step L back (7), 1/4 left turn step R to side (&) 3:00, 1/4 left turn step L forward (8) 12:00

Contact: barbara.tobin@yahoo.com
