

In The Darkness

COPPER KNOB
BY STEPHEN

拍数: 48 墙数: 2 级数: Intermediate
编舞者: Alison Johnstone (AUS) & Heather Freeman (UK) - January 2015
音乐: Reach Out - Rumer : (Album: Into Colour - iTunes)



Restart: 1 simple Restart after 12 counts on Wall 3 - Easily heard in the music.

Tag: Wall 7 simply repeat counts 25 – 30 – Easily heard with music

Start: 24 Counts

(1-12) TWINKLE, TWINKLE, FORWARD BASIC, ½ TURN BACK BASIC (6.00)

1, 2, 3 Cross Left over Right, Rock Right to Right side, Recover Left
4, 5, 6 Cross Right over Left, Rock Left to left side, Recover Right
7, 8, 9 Step forward Left, Step Right beside Left, Step Left in place
10, 11, 12 Step back on right, ½ over Left Stepping Left forward (6.00), Step forward Right

***** Wall 3 - Dance 1st 12 counts you will be facing 6.00 - RESTART*****

(12-24) FORWARD, POINT, HOLD, UNWIND 360 OVER RIGHT, POINT, HOLD, CROSS, SIDE, BEHIND WITH SWEEP, BEHIND, ¼ TURN FORWARD, FORWARD (3.00)

1, 2, 3 Step forward Left, Point Right to side, Hold
4, 5, 6 Unwind a full turn Right stepping Right beside Left, Point Left to side, Hold
(No spin option for counts 4, 5, 6 = Step back on Right, Point Left to side, Hold)
7, 8, 9 Cross Left over Right, Step Right to Side, Step Left Behind Right sweeping Right
10,11,12 Step Right Behind Left, ¼ turn over Left stepping Left forward (3.00), Step Right forward

(25-36) LUNGE HOLD, RECOVER HOLD, BACK, BACK, ½ LEFT, BACK, BACK, BACK (9.00)

1, 2, 3 Lunge forward Left, Hold (Reach forward with Right arm extended)
4, 5, 6 Recover Right, Hold
***** Wall 7 – Repeat counts 1-6 above twice during this Wall. Easy to hear with music*****
7, 8, 9 Step back Left, Step back Right, ½ over Left stepping forward Left (9.00)
10,11,12 Step back Right, Step back Left, Step back Right

(36-48) SWAY LEFT BACK (4.30), HOLD, RECOVER (9.00), ¼ RIGHT ROCK ON LEFT, RECOVER, TWINKLE, ½ TWINKLE (6.00)

1, 2, 3 Step Left back to 4.30 diagonal (Swaying upper body over Left Shoulder Reaching Left arm towards 4.30 diagonal), Hold
4, 5, 6 Recover Right straightening to 9.00, ¼ over Right rocking Left to side (12.00), Recover Right
7, 8, 9 Cross Left over Right, Rock Right to Right side, Recover Left
10,11,12 Cross Right over Left, ¼ over Right stepping back Left, ¼ over Right stepping Right side

START AGAIN

*****Ending: Wall 8 – Dance to the end there is a silence in the music but it resumes keep dancing and voila finishes end of dance facing front *****

This is a fantastic track and we hope you enjoy the dance.

The arms are optional

The Restart and Tag which is a repeat of steps are both very easy to execute and hear with the music

We hope you enjoy our dance

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