

Capone

COPPER **KNOB**
STEPSHEETS

拍数: 48 墙数: 4 级数: Intermediate Foxtrot
编舞者: Karen Tripp (CAN) - February 2015
音乐: Capone - Ian Lumley : (Album: Ballroom Nights 2)



Music Source: www.casa-musica.de

Restarts:-

On Wall 2 facing 6:00 after 32 counts,
On Wall 4 facing 12:00 after 32 counts

Ending: After 32 counts, facing 6:00 do a Full Left Unwind to face 12:00

Wait: 16 counts from main downbeat, right foot lead

STEP, CROSS KICK WITH SNAPS - 4 TIMES

1-4 Step side right, kick left across (with snap), step side left, kick across right (snap)
5-8 Repeat steps 1-4

FOXTROT FORWARD BOX

9-12 Step forward right, hold, step side left, close right to left
13-16 Step back left, hold, step side right, close left to right

FOXTROT VINE ¼ RIGHT, LEFT ROCKING CHAIR

17-20 Step side right, hold, cross left behind, turn ¼ right and step right
21-24 Rock forward on left, recover to right, rock back on left, recover to right

FORWARD, CROSS, UNWIND ½ LEFT, SIDE SWAY RIGHT AND LEFT

25-28 Step left forward, hold, cross right over left and unwind left over 2 counts
29-32 Step side right and sway right, step side left and sway left

*>Restart here on Wall 2 (6:00) and Wall 4 (12:00)

PROGRESSIVE FOXTROT BOX FORWARD

33-36 Step forward right, hold, step side left, close right to left
37-40 Step forward left, hold, step side right, close left to right

BACK STAIRS – 2X

41-44 Step back right, close left to right, step side right, close left to right
45-48 Step back right, close left to right, step side right, close left to right

RESTARTS: On wall 2 (second repetition facing 6:00), and wall 4 (fourth repetition facing 12:00) dance 32 counts and Restart.

ENDING: You start the last repetition facing 9:00. The dance ends on Count 32. You will be facing 12:00 when you start Cross and Unwind, use beats 29-32 do a full Unwind Left Turn to face 12:00.

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