

Beautiful - Lana

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: Improver
编舞者: Annemaree Sleeth (AUS) & Timothy To (CAN) - March 2015
音乐: Lana - Roy Orbison : (Album: The Very Best Of Roy Orbison - iTunes - 2:17)



Start dance on vocals on 64 counts "Lana" - (Feel free to move arms as you feel)

Make up fun 60 counts while the music is going (Running on the spot for the last 4 counts of intro feels good)

Sec 1: [1 – 8] ½ CHARLESTON, L COASTER, OUT-SIDE, OUT-SIDE, R COASTER

1- 2 Touch R forward . Step R back (swinging arms)
3 &4 Step L back, step R together, step L forward
5 - 6 Step R Out to side ,step L out to side (Rolling hips outward)
7& 8 Step R back, step L together, step R forward

SECT 2: [9 - 16] STEP LOCK , SHUFFLE, ½ PIVOT , SIDE ROCK CROSS

1 - 2 Step L forward, lock R behind L
3 &4 Step L forward, step R together, step L forward
5 - 6 Step R forward, pivot 1/2 Left (weight L)
Tag & Restart here during wall 3 facing 12.00 add 4 hips sways , R, L , R, L
7 &8 Step R side, recover L, Cross R over L (weight R) 6.00 wall

Sect 3: [17 – 24] L KICK BALL CROSS , ROCK RECOVER, L JAZZ BOX, POINT

1& 2 Kick forward L , step L next to R, cross R over L
3 – 4 Rock to L side , recover on R
5 – 6 Cross L over R, step R back (or option below)
7 – 8 Step L side, point R to R side

Sect 3: OPTION TOE STUTS ON A JAZZ BOX FORMATION

5 & Cross L toe over R, drop L heel
6 & Step R toe back, drop R heel
7 & Step L toe side, drop L heel
8 Point R to R side

Sect 4: [25 - 32] TOUCH HEEL FORWARD, TOUCH TOES BACK (swing arms) ¼ R , POINT , WALK 2, L SHUFFLE FORWARD

1 – 2 Touch R heel forward, Touch R toes back
3 – 4 Step R forward turning ¼ R, Point L toe to L side (9.00)
5 – 6 Step L forward, step R forward
7& 8 Step L forward, step R together, step L forward.

Wall 3: Both Tag & Restart

(facing 6.00) dance up to 14 counts (facing 12.00) add 4 sway, (R, L, R, L) Restart

Wall 6 (facing 6.00) dance up to 24 counts (facing 12.00) add 4 steps to finish

Alternate Endings To Finish at Front add these steps

1 – 4 Walk forward , R, L, R Point L side or

Touch Heel Forward, Touch Toes Back,& Shuffle Forward

1 – 2 Touch R heel forward, Touch R toes back
3 &4 Step R forward, step L together, step R forward- R shuffle fwd.

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