

Nothing Without You

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 1 级数: Intermediate
编舞者: Shaz Walton (UK) - April 2015
音乐: Lay Me Down (feat. John Legend) - Sam Smith : (Single - iTunes)



With 2 Tags & 1 Restart -Please Don't Be Put Off... It All Makes Sense

Intro - 32 Counts

Be aware... the dance seems to speed up half way through... same steps... just seems a little faster :-)
Here's the sequence...16 - 32 - Tag1 - 32- 32 - Tag1 - Tag2 - 32 - 16 - Ending - (But Its Only 1 Wall!)

Rock. Recover. 1/2- 1/2 spiral. Side. Back. Cross. Step/sweep. Cross. Side. Behind/sweep. Behind side.

- 1&2 Rock forward on right. Recover on left. Step 1/2 turn right stepping on right.
3-4& Spiral 1/2 turn right with left in figure of 4 position. Step left to left. Cross step right behind left.
Step left across right.
5-6& Step right to right as you sweep left over right. Cross step left over right. Step right to right.
7-8& Cross left behind right as you sweep right from front to back. Cross step right behind left.
Step left to left side.

Walk. Walk. Lunge. Recover. Back. Back. Turn/walk. Walk lunge. Recover. Back. Back.

- 1&2 Towards 11 O clock walk... Right. Left. Lunge forward on right.
3-4& Recover on left... walk back, Right, Left.... straighten up to 12 O clock.
5&6 Towards 1 O Clock... walk Right, Left. Lunge forward on right.
7-8& Recover on left.. walk back Right, Left.... straighten up to 12 O Clock

* Restart..wall 1 * & Ending... unwind a full turn left & pose

Cross. Rock. 1/4. Twist 1/2. Twist 1/2. Sweep. Side-behind. Side. Rock- recover. Cross shuffle

- 1&2 Cross rock right over left. Recover on left. Step right 1/4 turn right.
3-4 Twist 1/2 turn left. Twist 1/2 turn right sweeping right from front to back.
5&6& Cross step right behind left. Step left to left side. Rock right over left. Recover on left.
7&8 Cross step right over left. Step left to left side. Cross step right over left.

Rock. Recover. 1/4- step back- sweep. Step back- sweep. step back. Rock back. Recover 1/4. Reversed Full turn.

- 1& Make 1/4 turn as rock forward left. Recover back on right - (12 O'clock)
2-3-4 Step back left as you sweep right from front to back. Step back right as you sweep left from front to back. Step back left as you sweep right from front to back.
5&6 Rock Back right. Recover Left stepping right 1/4 turn left.
7&8 Step 1/4 left stepping left to left side. Make 1/4 left stepping right to right. Make 1/4 left stepping left to left side.

Tag 1: to be danced after walls 2 & 4

Side. Back. Cross. Side. Back Cross.

- 1-2& Step right to right side. Cross step left behind right. Cross step right over left
3-4& Step left to left side. Cross step right behind left. Cross step left over right.

Tag 2: to be danced after Tag 1 on wall 4

Step. Touch x 4

- 1-2-3-4 Step right to right. Touch left beside right. Step left to left. Touch right beside left
5-6-7-8 Step right to right. Touch left beside right. Step left to left. Touch right beside left.

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