

Sorry That I Loved You

COPPERKNOB
BY SHEETS

拍数: 32 墙数: 2 级数: High Intermediate
编舞者: EWS Winson (MY) & Peggy PNL (MY) - October 2015
音乐: Sorry That I Loved You - Anthony Neely



Intro: 32 counts in (approx. 22 sec)

#1 (1-8) □ L-R Basic Nightclub, ¼ (R) with L-R-L Upper Body Sway & L Prep, ¼ (R) with R Forward, L Forward & Spiral Full Turn (R), R Forward, L Forward & Spiral Full Turn (R) □

- 1-2& Weight on RF: Step L to L side (1), rock RF behind LF (2), recover weight on LF slightly crossing over RF (&) □ 12.00
- 3-4& Step RF to R side (3), rock LF behind RF (4), recover weight on RF slightly crossing over LF (&) □ 12.00
- 5-6& Turn ¼ R swaying upper body to L side (5), sway upper body to R side (6), sway and turn upper body slightly to ¼ L with RF pointing to R side – preparing body for R turning (&) □ 3.00
- 7&8& Turn ¼ R stepping RF forward (7), step LF forward and make a full turn R over R shoulder ended with RF crossing over LF (&), step RF forward (8), step LF forward and make a full turn R over R shoulder ended with RF crossing over LF (&) *** □ 6.00

Easier option: Turn ¼ R stepping RF forward (7), turn ½ R stepping LF back (&), turn ½ R running RF forward (8), run LF forward (&)

Harder option: 2 chaine turns (R) – Turn ¼ R stepping RF forward (7), make a full turn R on ball of RF stepping LF next to RF (&), step RF forward (8), make a full turn R on ball of RF stepping LF next to RF (&)

#2 (9-16) □ R Forward, ¼ (R) with L Side Rock Cross, Reverse Rolling Vine (L), 3/8 (L) Diamond Fallaway, Full Turn (L) □

- 1 Step RF forward (1) □ 6.00
- 2&3 Turn ¼ R rocking LF to L side (2), recover weight on RF (&), cross LF over RF (3) □ 9.00
- 4&5 Turn ¼ L stepping RF back (4), turn ½ L stepping LF forward (&), turn ¼ L stepping RF to R side (5) □ 9.00
- 6&7 Turn 1/8 L stepping LF back (6), step RF back (&), turn ¼ L stepping LF forward (7) □ 4.30
- 8& Turn ½ L stepping RF back (8), turn ½ L stepping LF forward (&) □ 4.30

#3 (17-24) □ R-L Forward Run, R Lock & L Sweep, L Weave ¼ (R), L Swivel ½ (R), R Swivel ½ (L) with L Sweep, L Sailor ½ (L) with L Cross □

- 1&2 Run forward on RF (1), run forward on LF (&), lock RF behind LF while sweeping LF from front to back (2) □ 4.30
- 3&4 Cross LF behind RF (3), turn ¼ R stepping RF to R side (&), step LF forward (4) □ 7.30
- 5-6 Swivel ½ R over R shoulder (5), swivel ½ L over L shoulder sweeping LF from front to back (6) □ 7.30
- 7&8 Continue turning ½ L crossing LF behind RF (7), step RF to R side (&), cross LF over RF (8) □ 1.30

#4 (25-32) □ 1/8 (L) with R Ball, L Cross & R Hitch, R-L Zigzag Crossing Shuffle, R Back, 3/8 (L) with L Forward, R Cross, ¼ (R) with L Back, ½ (R) with R Forward, L Touch with Knees Bent □

- &1 Turn 1/8 L making small step RF to R side (&), cross LF over RF lifting R knee beside LF (1) □ 12.00
- 2&3 Angle body to L diagonal – Cross RF over LF (2), step LF to L side (&), cross RF over LF while sweeping & lifting L knee up (3) – travelling towards L diagonal □ 10.30
- 4&5 Angle body to R diagonal – Cross LF over RF (4), step RF to R side (&), cross LF over RF (5) – travelling towards R diagonal □ 1.30
- 6&7 Step RF back (6), turn 3/8 L stepping LF forward (&), cross RF over LF (7) □ 9.00
- &8& Turn ¼ R stepping LF back (&), turn ½ R stepping RF forward (8), touch L toes beside RF bending both knees (&) *** □ 6.00

Tag: At the end of Wall 2. Begin the dance again, facing 12.00 o'clock.

Full Turn (L) Walk, L Touch with Knees Bent

1-4& Turn ¼ L stepping LF forward (1), turn ¼ L stepping RF forward slightly crossing over LF (2), turn ¼ L stepping LF forward (3), turn ¼ R stepping RF forward slightly crossing over LF (4), touch L toes beside RF bending both knees (&)

Tag: On Wall 5, dance up to the first 8 counts + &, then add the following steps. Begin the dance at 12.00 o'clock.

R Forward with L Sweep / Swing, ¼ (L) Diamond Fallaway, R-L-R Forward Prissy Walk, L Pivot ¾ (R)

1 Step RF forward sweeping or swinging LF from back to front (1)
2&3 Cross LF over RF (2), turn 1/8 L stepping RF to R side (&), step LF back (3)
4&5 Cross RF behind LF (4), turn 1/8 L stepping LF forward (&), cross walk RF over LF - travelling forward (5)
6-7 Cross walk LF over RF (6), cross walk RF over LF (7) – travelling forward
8& Step LF forward (8), turn ¾ R shifting weight to RF (&)

L-R-L Hips Sway, R Side, - L Upper Body Sway, R Upper Body Sway with L Hitch

1-2& Step LF to L side swaying hips to L side (1), sway hips to R side (2), sway hips to L side (&)
3-4& Step RF to R side (3), sway upper body to L side (4), sway upper body to R side lifting L knee beside RF (&)

Hand styling for (3-4&): Spread both arms to the sides (3), cross both arms in front of your chest with L hand crossing over R hand – both palms are facing the chest (4&)

Ending: On Wall 7, dance up to count 24 changing the last two steps to “Turn 1/8 L crossing LF behind RF (7), step RF to R side (&), step LF to L side (8). Now your feet are apart – cross both arms in front of your chest with L hand crossing over R hand – both palms are facing the chest and look down as though you feel sorry (1-2), throw both hands in front showing “YOU” with palms facing the air (&3-4), facing 12.00 o'clock.

Contact: winsonews@gmail.com
