

Trilogy

COPPER KNOB
STEPSHEETS

拍数: 70 墙数: 1 级数: Phrased Advanced
编舞者: Tajali Hall (CAN) - October 2015
音乐: "Latch (Sunday Sessions Cover)" by Trilllogy (contact me for more info)



#36 count intro (Starts one count before lyrics)

PHRASING: A, B, C, A, B, C, C, C

Note: Name stems from a combo of the artists' name and the fact that the dance is in 3 parts – a trilogy.

Part A (34 counts)

A1: RUN BACK x2, HOLD, 1 ½ TURNS LEFT WITH SWEEP, ½ TURN UNWIND, BOW, RUN BACK x3

- &1-2 Step back left, Step back right, hold (starting on "1", right arm comes up in arc over your head and behind you; follow that arm with your head as it arcs and finish on "2" looking behind you)
- &3&4 Step forward on left, ½ turn left stepping back on right (6:00), ½ turn left stepping forward on right (12:00), ½ turn left stepping back on right as you sweep left front-to-back (6:00)
- a5-6&7 Cross left behind right (a), unwind ½ turn left (12:00) centering weight on both feet (5), place right hand in centre of chest palm facing in (6), place left hand in centre of chest over top of right palm facing in (&), bow forward from waist while extending both hands from the wrists (as if offering someone a gift) and drop head to look down (7)
- 8&a Run back right, left, right

A2: SWAY L&R, ¼ SWAY, 2 ¼ TURNS LEFT, POINT,

- 1-2 Sway left, sway right
- &3-4 Step left next to right, step right to right side and sway right, sway left making ¼ turn left (9:00)
- 5&6& ½ turn left stepping back on right (3:00), ½ turn left stepping forward on left (9:00), ½ turn left stepping back on right (3:00), ½ turn left stepping forward on left (9:00)
- 7 ¼ turn left (6:00) pointing right to right side (use this as a "brake" to stop yourself sharply after all your turns)
- 8a ¾ turn right stepping down on right (3:00) and sweeping left around (8), draw sweeping left foot in close to right keeping weight on right (a)

A3: LEFT FORWARD, RUN FORWARD x2, ROCK, RECOVER, RUN BACK x2, ½ TURN WITH ARMS, RUN FORWARD x2

- 1-2& Step forward on left, step forward on right, step forward on left
- 3-4 Rock forward on right, recover weight to left
- &5 Step back on right, step back on left
- 6& Step right straight back but keep weight forward on left while extending right arm straight back behind you open-handed with palm facing down (6), rotate ½ turn right (9:00) keeping weight back on left with right arm still be extended but now in front of you (&)
- 7-8& Shift weight forward to right and drag left up to slowly meet right while closing open palm into a fist and pulling it to your chest (7), step forward left (8), step forward right (&)

A4: ROCK, RECOVER, BALL STEP, ROCK, RECOVER, BALL STEP, 3/8 SWEEP, CROSS BALL STEP, PUSH/PRESS, CROSS BALL STEP

- 1-2 Rock forward on left, recover weight to right
- &3-4 Step left next to right, rock back on right, recover weight to left (open chest up to right diagonal as you rock back)
- &5-6& Step right next to left, step left while sweeping right back-to-front making 3/8 of a turn (4:30), cross right over left, step left to left side

- 7-8-1 Keeping weight on left "push" or press forward on right 3 times (what you do with your hands in this section depends on the music. The first time you do Part A, bring right fist to chest 3 times in rhythm with the pushes. The second time you do Part A, bring both hands to chest palms in with left hand over top of right and "pop" hands out 3 times in rhythm with the pushes to simulate a heart beating)
- 2& Cross right over left, step left to left side squaring up to 6:00

Part B (18 counts)

B1: STEP & SWEEP, CROSS, SIDE, BEHIND, STEP & SWEEP, BEHIND, SIDE, CROSS, SCISSOR, 1 ¼ TURNS LEFT

- 1-2& Step forward on right and sweep left back-to-front, cross left over right, step right to right side
- 3-4& Step left behind right and sweep right front-to-back, step right behind left, step left to left side
- 5&6& Cross right over left, step left to left side, step right next to left, cross left over right
- 7&8& ¼ turn left stepping back on right (3:00), ½ turn left stepping forward on left (9:00), ½ turn left stepping back on right (3:00), ½ turn left stepping forward on left (9:00)

B2: 1/4 TURN NIGHTCLUB BASIC, SIDE, BEHIND, SIDE, BRUSH AND LIFT, ½ TURN EXTENSION, FULL TURN LEFT, STEP FORWARD

- 1-2& ¼ turn left stepping right to right side (6:00), cross left behind right, step right across left
- 3-4& Step left to left side, cross right behind left, step left to left side
- 5-6& Step right forward to left diagonal (4:30), brush/sweep left forward, small hitch/lift with left
- 7-8& Extend left foot straight back and point left toe as you make ½ turn left on ball of right foot (10:30), step forward on left, ½ turn left stepping back on right (4:30)
- 1-2 ½ turn left stepping forward on left (10:30), step forward on right

Part C (18 counts)

Note: For this section, think of a person being in the middle of a tug of war and being "yanked" back and forth.

C1: SYNCOPATED ROCK, RECOVER, HIT, HIT, SWEEP, BEHIND, ¼ LEFT, RUN FORWARD, REACH, RUN BACK

- 1&2 Rock forward on left, recover weight to right, step back on left
- 3&3&4 Step back on right squaring up to 12:00 with feet shoulder-width apart (&), gently hit right fist on right thigh (3), gently hit left fist on left thigh (&), sweep right front-to-back (4)
- 5&6& Cross right behind left, ¼ turn left stepping forward on left (9:00), step forward on right, step forward on left
- 7-8&a Step right together with left as you extend both hands forward palms up as if reaching out to somebody, run back right, left, right with hands still reaching forward (drop hands on "a")

C2: POINT, ½ TURN, KICK BALL TOUCH, PULL, ½ TURN ARC, RUN, ROCK, RECOVER

- 1&2&a Point left toe straight back (1), ½ turn left (3:00) keeping weight back on right (&), low kick forward with left (2), step left next to right (&), touch right toe straight back (a)
- 3&4 Extend right arm straight back making a fist (3), "pull" arm in so it's bent at the elbow as you make ¼ turn right (6:00) and put weight on right (&), "pull" arm in the rest of the way so fist is over chest while dragging left in to meet right keeping weight on right (4)
- 5-6& Step forward on left to left diagonal (4:30), 1/8 turn stepping forward on right (3:00), 1/8 turn stepping forward on left (1:30)

Clock directions in "5-6&" are just a guideline. Don't worry about specific angles, just think of running in an arc.

- 7-8& 1/8 turn stepping forward on right (12:00), run forward left, right
- 1-2 Rock forward on left, recover weight to right

Ending: You'll be facing 12:00 when you finish C for the last time. On the last "8&" counts of C, instead of the rock/recover, step left out so feet are shoulder-width apart as you extend right hand straight in front of you palm facing left like you're about to shake someone's hand (8); extend left hand out to grasp the extended right hand so they're clutching each other (&); and pull them both in towards your chest as you lower your head to look at the floor (1-2)otm.

