

A Throstle Cha

COPPER KNOB
STEPSHEETS

拍数: 128 墙数: 2 级数: Phrased High Intermediate
编舞者: Winnie Yu (CAN) - November 2015
音乐: Wo Shi Yi Zhi Hua Mei Niao (我是一只画眉鸟) - Crystal Lin (林淑娟)



Slow Edit Version (Length of track 4:11)

Intro: 24 counts - Sequence: ABA, ABA, C, ABA, Tag, C, ABA, Ending: A-

Part A: 32 counts

Section A1: Side L, Rock Back, Recover, Chasse R, Cross Rock, Recover, Chasse L

1-2-3, Step left side, rock right behind left, recover left,
4&5 Step right to right, step left besides right step right to right side
6-7, 8&1 Cross rock left over right, recover right, step left to left, step right besides left, step left to left

Section A2: R Back Rock, Recover, Chasse 1/4R, Step Pivot 1/2R, L Shuffle Fwd

2-3, Rock right behind left, recover left,
4&5 Step right to right, step left besides right, step right forward make a 1/4R (3:00)
6-7, 8&1 Step left forward, pivot 1/2R, step left forward, lock right behind left, step left forward (9:00)

Section A3: Fwd R, Pivot 1/2L, Shuffle Fwd, Fwd L, Back 1/2L, Chasse 1/4L

2-3, 4&5 Forward right, pivot 1/2L, step right forward, lock left behind right, step right forward (3:00)
6-7, Step left forward, step right back & make a 1/2 left
8&1 Step left side & make 1/4L, step right besides left, step left to left side (6:00)

Section A4: R/L/R Cross Rock, Recover, Side

2&3 Cross rock right over left, recover onto left, step right to right side
4&5 Mirror image on left
6-7-8 Cross rock right over left, recover onto left, step right to right side

Part B: 16 counts

Section B1: L/R Dorothy, L Rocking Chair, Step, Pivot 1/2R

1-2& Step left to left diagonal, lock right behind left, step left to left diagonal
3-4& Mirror image to right
5&6& Rock left forward, recover onto right, rock left backward, recover onto right
7-8 Step left forward, pivot 1/2R (12:00)

Section B2: Repeat Section 1 (6:00)

Part C: 64 counts

Section C1: L Box Fwd, Touch R, R Box Back, Touch L

1-2-3-4 Step left to side, step right besides left, step left forward, touch right besides left
5-6-7-8 Step right to side, step left besides right, step right back, touch left besides right

Section C2: L Box Back, Touch R, R Box Fwd, Touch L

1-2-3-4 Step left to side, step right besides left, step left back, touch right besides left
5-6-7-8 Step right to side, step left besides right, step right forward, touch left besides right

Section C3: Cruising Left 1/4L, Pivot 1/2L, Hold

1-2-3-4 Step left to left side, step right behind left, step left to left side, cross right over left
5-6-7-8 Step left forward & make a 1/4L, step right forward, pivot 1/2L, Hold (3:00)

Section C4: Cruising Right 1/4R, Pivot 1/2R, Hold

1-2-3-4 Step right to right side, step left behind right, step right to right side, cross left over right
5-6-7-8 Step right forward & make a 1/4R, step left forward, pivot 1/2R, Hold (12:00)

Section C5: Left Rocking Chair, L Fwd Mambo, Hold

1-2-3-4 Rock left forward, recover onto right, rock left backward, recover onto right
5-6-7-8 Rock left forward, recover onto right, step left back, Hold

Section C6: Reverse Right Rocking Chair, R Back Mambo, Hold

1-2-3-4 Rock right backward, recover onto left, rock right forward, recover onto left
5-6-7-8 Rock right backward, recover onto left, step right back & make a 1/2L, Hold (6:00)

Section C7: L Side, Hold, Tog Side, Hold, Tog, Rock Side, Recover, Cross, Hold

1-2&3-4 Step left to side, Hold, step right together, step left to side, Hold
&5-6-7-8 Step right together, rock left to side, recover onto right, cross left over right, Hold

Section C8: R Side, Hold, Tog Side, Hold, Tog, Rock Side, Recover, Cross Rock, Recover, Side, Hold

1-2&3-4 Step right to side, Hold, step left together, step right to side, Hold
&5&6 Step left together, rock right to side, recover onto left, cross rock right over left
&7-8 Recover onto left, step right to side, Hold

Tag: 16 counts

Section 1: L Fwd Rock, Recover, Shuffle Back, R Back Rock, Recover, Shuffle Fwd

1-2-3&4 Rock left forward, recover onto right, step left back, lock right over left, step left back
5-6-7&8 Rock right backward, recover onto left, step right forward, lock left behind right, step right forward

Section 2: L Fwd Mambo, Hold, R Back Mambo, Hold

1-2-3-4 Rock left forward, recover onto right, step left back, Hold
5-6-7-8 Rock right backward, recover onto left, step right forward, Hold

Ending: 11 counts

Part A- Sec 1: Side L, Rock Back, Recover, Chasse R, Cross Rock, Recover, Chasse L, HOLD, STOMP with POSE

1-2-3 Step left side, rock right behind left, recover left,
4&5 Step right to right, step left besides right step right to right side
6-7, 8&1 Cross rock left over right, recover right, step left to left, step right besides left, step left to left
2, 3 Hold, Stomp to Right & pose.

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