

I'm On It (aka - Up With The Sunrise)

COPPER **KNOB**
BY STEPHEN

拍数: 64 墙数: 2 级数: Easy Intermediate
编舞者: Hayley Wheatley (UK) - February 2016
音乐: I'm On It (feat. Chris Carmack) - Nashville Cast



Count In: 32 counts. Start on Vocals

One Restart on Wall 5 after Count 32

Please note: following the Restart, the dance will then be performed facing walls 3:00 and 9:00

S1: SIDE STEP, TOUCH, SWAY, SWAY, BEHIND, ¼ TURN, STEP, HOLD □

- 1-2 Step RF to R side, Touch L toe beside RF □12:00
- 3-4 Step LF to L while swaying hips L, Recover onto RF while swaying hips R □12:00
- 5-6 Step LF behind R, Make ¼ turn R while stepping fwd on RF □3:00
- 7-8 Step fwd on LF, Hold □3:00

S2: ROCK FORWARD, RECOVER, STEP BACK, SWEEP, STEP BACK, SWEEP, STEP BACK, RONDE SWEEP

- 1-2 Rock fwd of RF, Recover on L □ 3:00
- 3-4 Step back on RF, Sweep LF around from front to back □3:00
- 5-6 Step back on LF, Sweep RF around from front to back □3:00
- 7-8 Step back on RF, Make a big semi-circle sweep with the LF sweeping behind R □3:00

S3: BEHIND, SIDE, CROSS, HOLD, SIDE STEP, TOUCH X2

- 1-2 Step LF behind R, Step RF to R side □3.00
- 3-4 Cross LF over R, Hold □3:00
- 5-6 Step RF to R side, Touch LF next to R □3:00
- 7-8 Step LF to L side, Touch RF next to L □3:00

S4: SIDE ROCK, RECOVER, CROSS, HOLD, ¼ TURN, ¼ TURN, CROSS, HOLD

- 1-2 Rock RF to R side, Recover onto L □3:00
- 3-4 Cross RF over L, Hold □3:00
- 5-6 Step back onto LF making ¼ turn R, Step RF to R making ¼ R □9:00
- 7-8 Cross LF over R, Hold □9:00

RESTART HERE DURING WALL 5

S5: STEP SIDE, TOGETHER, HOLD, BACK, SHUFFLE ¼ TURN, HOLD □

- 1-2 Step RF to R side, Close LF beside R □9:00
- 3-4 Step back onto RF, Hold □9:00
- 5-6 Making ¼ turn L step forward on LF, Step RF beside L □6:00
- 7-8 Step fwd on LF, Hold □6:00

S6: SIDE ROCK, RECOVER, STEP FORWARD, HOLD, SIDE ROCK, RECOVER, STEP FORWARD, HOLD

- 1-2 Rock RF to R, Recover onto LF □ 6:00
- 3-4 Step fwd on RF, Hold □6:00
- 5-6 Rock LF to L, Recover onto RF □6:00
- 7-8 Step fwd onto LF, Hold □6:00

S7: FORWARD ROCK, RECOVER, STEP BACK, HOLD, LOCK ½ TURN, HOLD

- 1-2 Rock fwd on RF, Recover onto L □6.00
- 3-4 Step RF back, Hold □6:00
- 5-6 Making ½ turn L step fwd on LF, Lock RF behind L □12:00
- 7-8 Step fwd on LF, Hold □12:00

S8: CHASE ½ TURN, HOLD, LEFT LOCK FORWARD, HOLD

- 1-2 Step fwd on RF, Pivot ½ turn L □ 6:00
- 3-4 Step fwd on RF, Hold □ 12:00
- 5-6 Step fwd on LF, Lock RF behind L □ 12:00
- 7-8 Step fwd on LF, Hold □ 12:00

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