

Breathing In Eternity

COPPERKNOB
BY STEPHEN

拍数: 64
编舞者: Lesley Kidd (UK) - February 2016
音乐: Don't You Give up on Me - Lissie

墙数: 4

级数: Phrased Intermediate



Note: this dance has only one part but the number of counts per wall follows a repeating pattern of 64, 32, 48.
No Tags Or Restarts.

Count in: 48 counts from start of drum beat (approx. 30 seconds)

Section 1: Step Fwd Sweep, Cross, Side, Behind, sweep, Cross, Side

1-2 Step forward L, sweep R leg forwards
3-4 Cross R over L, step L to L side
5-6 Cross R behind L, sweep L leg back
7-8 Cross L behind R, step R to R side

Section 2: Step, Hitch, Back, Point, Hitch and Point, Hitch Ball Cross

1-2 Step forward L, making 1/8 turn to face R diagonal, hitch R
3-4 Step R slightly back, point L foot to L side
5&6 Hitch L knee, step L beside R, point R to R side
7&8 Hitch R knee, step R beside L on the ball of the foot, cross L over R, straightening up to 12:00

Section 3: Step 1/4, 1/4 Cross, Hinge 1/2 Turn, Cross Shuffle

1-2 Turn 1/4 R stepping R forward, step forward L making a 1/4 turn R
3-4 Step R to R side, cross L over R
5-6 Turn 1/4 L stepping R back, turn 1/4 L stepping L to L side
7&8 Cross R over L, step L to L side, cross R over L

Section 4: Side Rock, Back Rock, 1/4 Hook, Shuffle Forward

1-2 Rock L to L side, recover onto R,
3-4 Rock L behind R, recover onto R
5-6 Turn 1/4 R stepping back on L, hook R heel in front of L ankle
7&8 Step forward R, step L beside R, step forward R

Section 5: Jazz Box, 2X 1/4 Step Touches, 1/4 Step, Brush

1-2 Cross L over R, step back R
3-4 Turn 1/4 L stepping L to L side, touch R beside L
5-6 Turn 1/4 L stepping R to R side, touch L beside R
7-8 Turn 1/4 L stepping L forward, brush R foot forward

Section 6: Cross Rock, Side, Cross Rock, Side, Cross Shuffle

1-2 Rock R across L, recover onto L
3-4 Step R to R side, Rock L across R
5-6 Recover onto R, step L to L side
7&8 Cross R over L, step L to L side, cross R over

Section 7: Left Handed Figure of 8 Weave

1-2 Step L to L side, step R behind L
3-4 Turn 1/4 L stepping L forward, step R forward
5-6 Pivot 1/2 turn L, turn 1/4 left stepping R to R side
7-8 Cross L behind R, turn 1/4 R stepping forward on R

Section 8: Rocking Chair, Shuffle Fwd, Step, Spiral Turn

- 1-2 Rock forward L, recover onto R
- 3-4 Rock Back L, recover onto R
- 5&6 Step forward L, step R beside L, step forward L
- 7-8 Step forward R, make a full turn stepping onto L and lifting R foot

Number of counts per wall:

Wall one 64 counts

Wall two 32 counts

Wall three 48 counts

Wall four 64 counts

Wall five 32 counts

Wall six 48 counts

Wall seven 64 counts

Wall eight 32 counts

Wall nine 48 counts

Enjoy

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