

Cold Dark Earth

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 2 级数: Intermediate
编舞者: Brandi Gross (USA) - January 2016
音乐: Work Song - Hozier



This dance placed 1st in the Intermediate/Advanced Category at Ft. Wayne Dance For All.

Intro-32 counts □

[1-8] DIPS X2, BEHIND, SIDE AND PREP, ¼ L, ½ L, ½ L, STEP, ¼ R, UPPER BODY L-R-DOWN

- 1 – 2 Dip hips down and to the left (1), Dip hips down and to the right (2)
- & 3 Step L behind R (&), Step R to R side rotating upper body R to prep for L turn (3)
- 4 & 5 Turn ¼ L stepping fwd on L (4), Turn ½ L stepping back on R (&), Turn ½ L stepping fwd on L (5) (9:00)
- 6 & Step fwd on R (6), Turn ¼ R stepping L to L (&)
- 7 & Sharply rotate upper body to L (7), Sharply rotate upper body R to face fwd keeping weight on L(&)
- 8 Snap upper body down pulling fists in toward hips and pulling R ft next L (8)

[9-16] STEP, ROCK, RECOVER, STEP W/ ARMS, CROSS, UNWIND, ROCK W/ SNAP, RECOVER

- 1 2 & Big step R to R (1), Rock L behind R (2), Recover onto R (&)
- 3 & Step L out to L bringing R fist above head (3), Bring L fist above head crossing in front of R wrist (&)
- 4 – 7 Slowly lower crossed hands in front of body (4,5), Cross R over L (6), Unwind a full turn L (7) (12:00)
- 8 & Rock fwd onto R snapping L hand out in front of body (snap is optional) (8), Recover onto L (&)

****Restart here on wall 2. For count 16, keep weight on R to restart.****

[17-24] STEP, SWEEP, BEHIND, SIDE, ROCK, RECOVER, ½ L, FULL SPIRAL, STEP ¼ L, TURN HEAD, SWAY, ¼ L BODY ROLL

- 1 2 & Step back onto R sweeping L to back (1), Step L behind R (2), Step R to R (&)
- 3 & 4 Cross rock L over R (3), Recover onto R (&), Turn ½ L stepping fwd on L into a L full spiral (4) (6:00)
- 5 – 6 Step down pressing onto R with body open looking at 6:00 (3:00) (5), Turn head L to 12:00 keeping weight on R (6)
- 7 – 8 Sway hips L (7), Turn ¼ L and roll body back ending with weight on R (8) (12:00)

[25-32] ROCK, RECOVER, STEP W/ ½ L SWEEP, CROSS, ROCK, RECOVER, BEHIND, SIDE, CROSS ROCK, RECOVER

- 1 & 2 Rock back onto L (1), Recover onto R (&), Step fwd onto L and turn ½ L sweeping R around (2) (6:00)
- 3 – 5 Cross R over L (3), Rock L to L reaching open R hand across body (4), Recover onto R pulling hand in (5)
- 6 – 7 Cross L behind R (6), Step R to R (&), Cross rock L over R lifting L arm up (7),
- 8 Recover on R lowering arm (8)

RESTART: After 16 counts on wall 2. On count 16 keep weight on R.

ENJOY!!

Please do not alter this step sheet in any way. –
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