

Rhythm In My Soul

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: Beginner / Improver
编舞者: Derek Robinson (UK) - April 2016
音乐: Gotta Lot of Rhythm in My Soul - Niamh Lynn : (CD Single - iTunes & Amazon Mp3)



One Restart after 16 counts on wall 8.

#16 count intro.

Sec 1: □HEEL STRUTS x 2, ROCKING CHAIR, HEEL STRUTS x 2, FORWARD ROCK, 1/2 TURN.

1&2& Step right heel forward, drop toe, step left heel forward, drop toe.
3&4& Rock forward on right, recover onto left, rock back on right, recover onto left
5&6& Step right heel forward, drop toe, step left heel forward, drop toe.
7&8 Rock forward on right recover onto left, make ½ turn right stepping forward on right. (6.00)

Sec 2: □CROSS ROCK SIDE x 2, CROSS, SIDE, BEHIND, 1/4 TURN, STEP FORWARD.

1&2 Cross rock left over right, recover onto right, step left to left side.
3&4 Cross rock right over left, recover onto left, step right to right side.
5-6 Cross left over right, step right to right side.
7&8 Cross left behind right, make ¼ turn right stepping forward on right, step forward on left.
(9.00)

(Restart here on wall 8 you will be facing 6.00)

Sec 3: □OUT, IN, OUT, COASTER STEP, OUT, IN, OUT, COASTER 1/4 TURN.

1&2 Touch right to right side, touch right beside left, touch right to right side.
3&4 Step back on right, step left beside right, step forward on right.
5&6 Touch left to left side, touch left beside right, touch left to left side.
7&8 Make ¼ turn left stepping back on left, step right beside left, step forward on left. (6.00)

Sec 4: □STEP, CLAP x 2, RUN, RUN, RUN, CLAP, ROCKING CHAIR, FORWARD ROCK, 1/4 TURN.

1&2& Step forward right, clap, step forward left, clap.
3&4& Run forward right, left, right.
5&6& Rock forward on left, recover onto right, rock back on left, recover onto right.
7&8 Rock forward on left recover onto right, make ¼ turn left stepping forward on left. (3.00)

Begin again.

Optional ending.

The dance ends after 4 counts in Sec 2 (facing the back wall).

To finish the dance facing the front change counts 3&4 to:

3&4 Rock forward on right recover onto left, make ½ turn right stepping forward on right. (12.00)