

Undisturbed Silence

COPPER KNOB
BY STEPHEN HETS

拍数: 60 墙数: 2 级数: High Intermediate
编舞者: Larry Schmidt (USA) - May 2016
音乐: The Sound of Silence - Disturbed : (Album: Immortalized)



#16 ct intro. Lyrics start "Hello Darkness My Old Friend", start just before he sings "Friend" (Wt on left)

[1-9] □ "TWIST STEP" (right across left), SIDE ROCK-RECOVER-CROSS, 1/4 BACK-SIDE-CROSS, SWAY L, SWAY R, TRIPLE LEFT

- 1 Step right across left turning upper body to right diagonal,
- 2&3 Rock left onto left foot, Recover wt to right, Step left across right,
- 4&5 Turn ¼ left stepping back onto right, Step left foot left, Step right across left, (9:00)
- 6, 7 Step left foot left swaying hips left, Sway hips right w/ wt to right foot,
- 8&1 Step left foot left, Step right next to left, Step left foot left.

[10-17] ROCK-RECOVER-1/4 SIDE, ROCK-RECOVER-1/4 FORWARD, WALK, WALK (turning ¼), RUN, RUN, RUN (in a ½ circle w/ long side step at end)

- 2&3 Rock right foot behind left, Recover weight to left, Turn ¼ left onto right, (6:00)
- 4&5 Rock left foot behind right, Recover weight to right, Turn ¼ right stepping forward onto left, (3:00)
- 6, 7 Walk forward on right turning 1/8 right, Walk forward on left turning 1/8 right (12:00)
- 8&1 Run R-L-R making a ½ circle and making a long step right on the last step. (6:00)

[18-25] ROCK-RECOVER-SIDE, ROCK-RECOVER- ¼ BACK, ½ L, ¼ L, SAILOR w/ ¼ turn

- 2&3 Rock left behind right, Recover weight to right, Step left foot left,
- 4&5 Rock right behind left, Recover weight to left, Turn ¼ left stepping back onto right, (3:00)
- 6, 7 Turn ½ left stepping forward onto left, Turn ¼ left stepping to side onto right, (6:00)
- 8&1 Sweep left foot behind right making ¼ turn left, Step right foot right, Step left across right, (3:00)

[26-33] ¼ R LUNGE (LOOK), RECOVER w/ ½ TURN L, STEP- ¼ PIVOT-CROSS SIDE, TOGETHER, TRIPLE w/ ¼ LEFT

- 2, 3 Lunge ¼ right onto right (6:00), Recover weight to left turning ½ left (12:00)
- 4&5 Step right foot forward, Pivot ¼ left onto left, Step right across left, (9:00)
- 6, 7 Step left foot left, Step right next to left,
- 8&1 Turn ¼ left stepping forward onto left, Step right next to left, Step left foot forward. (6:00)

[34-41] ROCK-RECOVER-BACK, BACK-BACK-BACK w/drag, BACK COASTER STEP, STEP, ¼ PIVOT R

- 2&3 Rock forward onto right, Recover weight to left, Step back onto right (dragging left),
- 4&5 Step back on left, Step back on right, Step back on left (dragging right),
- 6&7 Step back on right, Step left next to right, Step right foot forward,
- 8, 1 Step left foot forward, Pivot ¼ right onto right (9:00)

[42-49] CROSS ROCK-RECOVER-SIDE, CROSS ROCK-RECOVER-SIDE, CROSS, ¼ BACK, TRIPLE w/ ½ TURN LEFT

- 2&3 Rock left foot across right, Recover weight to right, Step left foot left,
- 4&5 Rock right foot across left, Recover weight to left, Step right foot right,
- 6, 7 Step left across right, Turn ¼ left stepping back onto right, (6:00)
- 8&1 Turn ¼ left onto left, Step right next to left, Turn ¼ left stepping forward onto left. (12:00)

[50-57] ROCK-RECOVER-BACK, BACK, ½ TURN R, STEP- ½ PIVOT-STEP, CROSS ROCK-RECOVER-SIDE

- 2&3 Rock forward onto right, Recover weight to left, Step right foot back,

- 4, 5 Step left foot back, Turn $\frac{1}{2}$ right stepping forward onto right, (6:00)
6&7 Step left forward, Pivot $\frac{1}{2}$ right onto right, Step left foot forward (12:00)
8&1 Rock right foot across left, Recover weight to left, Step right foot right.

[58-60] CROSS, $\frac{1}{4}$ TURN L, $\frac{1}{4}$ TURN L

- 2 Step left foot across right
3 Turn $\frac{1}{4}$ left stepping back onto right,
4 Turn $\frac{1}{4}$ left stepping to the side onto the left foot. (6:00)

Restart: 4th wall: Dance thru count 55 (Step-1/2 Pivot- Step) Then replace the next Cross, Recover, Side with Step, $\frac{1}{2}$ Pivot, Step, Step and restart from the beginning.

- 8&1 Step right foot forward, Pivot $\frac{1}{2}$ onto left, Step right foot forward (12:00)
2 Step left foot forward.

Ending: At the end you will be facing 6:00, the music stops for a while. You can stop here or keep dancing at the same speed thru count 23, you'll now be facing 12:00, then for count 24, take a long step to the side with the left foot and pose.

Enjoy

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