

Reckless and Senseless

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: High Improver
编舞者: Tom Inge Soenju (NOR) - June 2016
音乐: Reckless - Martina McBride : (iTunes, Google Play and Amazon)



Intro: 8 counts. Starting 4 counts before first vocals.

Sequence: Repeating sequence.

Tag/Restart: 1 Tag (8 counts) appears after the 3rd wall (9:00). No Restarts.

End: Dance as normal till the music ends.

Section 1: L FW Rock, Recover, L Sailor 3/8 Step, R FW Shuffle, 1/8 R Turn-L Step, 1/2 R Turn-R Step

- 1 Step (rock) left foot forward
- 2 Recover weight onto right foot
- 3 & Step left foot behind right foot while turning 3/8 to your left (7:30) and step right foot to right side
- 4 Step left foot to left side
- 5 & Step right foot forward and step left foot next to right foot
- 6 Step right foot forward
- 7 One-eight turn to your right (9:00) and step left foot to left side
- 8 Half turn to your right (3:00) and step right foot forward

Section 2: 1/2 R Turn B Shuffle, R Coaster Step, 1/2 R Turn Touch-Bump-Step x2

- 1 & Half turn to your right (9:00) stepping left foot back and step right foot in front of left foot
- 2 Step left foot back
- 3 & Step right foot back and step left foot next to right foot
- 4 Step right foot forward
- 5 & Quarter turn to your right (12:00) touching left foot to left side and bumping left hip upwards then back
- 6 Quarter turn to your right (3:00) stepping left foot back
- 7 & Quarter turn to your right (6:00) touching right foot to right side and bumping right hip upwards then back
- 8 Quarter turn to your right (9:00) stepping right foot forward

Section 3: L FW Step- 1/4 R Turn, 1/2 L Turn Chassé, 1/2 R Turn Chassé, L Jazz Box

- 1 Step left foot forward
- 2 Quarter turn to your right (12:00, weight on right foot)
- 3 & Half turn to your right (6:00) stepping left foot to left side and step right foot next to left foot
- 4 Step left foot to left side
- 5 & Half turn to your right (12:00) stepping right foot to right side and step left foot next to right foot
- 6 Step right foot to right side
- 7 Cross left foot over right foot
- 8 Step right foot back

Alternative: For those who easily get dizzy and find it to be too many turns, can in counts 3&4 do a L cross shuffle facing 12:00 instead.

Section 4: L Side Step, R Cross Shuffle, L Side Rock, Recover, 3/4 L Turn-FW Shuffle, FW R Step

- 1 Step left foot to left side
- 2 & Cross right foot over left foot and step ball of left foot behind right foot
- 3 Cross right foot over left foot
- 4 Step (rock) left foot to left side
- 5 Recover weight onto right foot

- 6 & Three-quarter turn to your left (3:00) stepping left foot forward and stepping ball of right foot behind left foot
- 7 Step left foot forward
- 8 Step right foot forward

TAG - 8 counts.

Section T1: L FW Rock, Recover, L Coaster Step, R FW Rock, Recover, R Coaster Step

- 1 Step (rock) left foot forward
- 2 Recover weight onto right foot
- 3 & Step left foot back and step right foot next to left foot
- 4 Step left foot forward
- 5 Step (rock) right foot forward
- 6 Recover weight onto left foot
- 7 & Step right foot back and step left foot next to right foot
- 8 Step right foot forward

Start again and enjoy! Happy Dancing!

Contact: If anything is unclear or you would like additional information, please contact me:

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