

Take The Feeling

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Debbie Rushton (UK) - May 2016
音乐: Pass It On - Daley : (Album: Days & Nights)



Count in: After 16 counts, on lyrics

S1: WALK WALK, ANCHOR STEP 1/2 TURN, 1/2 TURN 1/4 TURN, CROSS SHUFFLE

1 2 Walk forward R, L (12 o clock)
3&4 Rock R behind L, Transfer weight forward to L, Make 1/2 turn R stepping R forward (6 o clock)
5 6 Make 1/2 turn R stepping back on L, Make 1/4 turn R stepping R to R side (3 o clock)
7&8 Cross L over R, Step R to R side, Cross L over R

S2: SIDE ROCK RECOVER, SAILOR 1/4 TURN, STEP 1/4 TURN CROSS, BUMP & BUMP

1 2 Rock R out to R side, recover weight onto L
3&4 Making 1/4 turn R cross R slightly behind L, Step L beside R, Step R forward (6 o clock)
5&6 Step L forward, Pivot 1/4 turn R taking weight onto R, Cross L over R (9 o clock)
7&8 Step R out to R side whilst bumping hips to R, Bump hips L, Bump hips R (taking weight over onto R)

S3: & CROSS 1/4 TURN, SHUFFLE 1/2 TURN, WALK BACK WALK BACK, COASTER CROSS

&12 Step L beside R, Cross R over L, Make 1/4 turn L stepping L forward (6 o clock)
3&4 Make 1/4 turn L stepping R to R side, Make 1/4 turn L locking L across R, Step back on R (12 o clock)
5 6 Walk back on L whilst pushing R heel out, Walk back on R whilst pushing L heel out (funky walks)
7&8 Cross L behind R, Step R to R side, Cross L over R

S4: & ROCK CROSS, & ROCK CROSS, 1/4 TURN 1/2 TURN ROCK, BACK LOCK BACK &

&12 Rock R out to R side (angling body to L diagonal), Recover weight onto L, Cross R over L
3 4 Rock L out to L side (angling body to R diagonal), Recover weight onto R, Cross L over R
5 6 Make 1/4 turn L stepping back on R, Make 1/2 turn L rocking forward on L (3 o clock)
7&8& Step R back, Lock L over R, Step R back, Step L beside R

RESTART: Wall 5 - Dance up to count 16. Step L beside R on the & count, and restart the dance facing 9 o clock

****Optional alternative steps on the chorus:**

During the first 8 counts, dance up to count 4 and then;

5&6 Make 1/2 turn R stepping back on L, Make 1/4 turn R stepping R to R side, Cross L over R
&7&8 Take small step to R, Step L beside R, Take small step to R, Step L beside R (these are small 'jumps')

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