

Black and White

COPPER KNOB
BY SHEETS

拍数: 48 墙数: 2 级数: Advanced NC2S
编舞者: Dee Musk (UK) - August 2016
音乐: Black and White - The Shires : (Album: Brave - Deluxe - 3:41)



#8 Count Intro – Start on the word 'Two' as she sings 'You were given' - Approx 6 seconds

Track available from [iTunes.co.uk](https://www.apple.com/itunes)

Step Full Turn Right, Rock Recover, Back Touch, ¼ Twist Right, ¼ Twist Left Sweep, Cross Side.

- 1,2& Step forward on R, make a full turn R stepping back on L, stepping forward on R.
3,4 Rock forward on L, recover weight to R.
&5,6 Step back on L, touch R toe back, on balls of both feet twist a ¼ turn R.
7 On balls of both feet twist ¼ turn sweeping R to in front of L.
8& Cross R over L, step L to L side. □ (12 o'clock).

Back Rock, ¼ Turn Left, Back Rock, Full Turn Right, Sweep, Cross Tap Sweep, Behind Side.

- 1,2& Rock R behind L, recover weight to L, make a ¼ turn L stepping back on R.
3,4 Rock back on L, recover weight to R.
&5 Make a ½ turn R stepping back on L, make a ½ turn R stepping forward on R sweeping L to in front of R.
6&7 Cross L over R, tap R toe behind L, replace weight to R and sweep L to behind R.
8& Cross L behind R, step R to R side. (9 o'clock).

Cross Sweep, Cross, ¼ Turn Right, ¼ Turn Right, Cross, Sway, Sway, Side Drag, Ball Cross.

- 1,2 Cross L over R whilst sweeping R from behind to in front of L, cross R over L.
3,4& Make a ¼ turn R stepping back on L, make a ¼ turn R stepping R to R side, cross L over R.
5,6 Step R to R side swaying R, sway L.
7,8& Step R to R side dragging L to beside R, step L beside R, cross R over L. □ (3 o'clock).

¼ Turn R, Back Rock, Step ¾ Turn L, Behind ¼ Turn R, Step Pivot, Step.

- 1-3 Make a ¼ turn R stepping back on L, rock back on R, recover weight to L.
4&5 Step forward on R, make a ¾ turn L, step R to R side.
6& Cross step L behind R, make a ¼ turn R stepping forward on R (12 o'clock).
7,8& Step forward on L, make a ½ turn R, step forward on L. □ (6 o'clock).

****Restart here during wall 5 – Begin again facing 6 o'clock wall**.**

Step Sweep, Cross, ¼ Turn L, Cross, ½ Turn R, Cross, ¾ Turn L, Step Pivot L.

- 1,2&3 Step forward on R whilst sweeping L to in front of R, cross L over R, make a ¼ turn L stepping back on R, step L to L side.
4&5 Cross R over L, make a ¼ turn R stepping back on L, make a ¼ turn R stepping L to L side.
6&7 Cross L over R, make a ¼ turn L stepping back on R, make a ½ turn L stepping forward on L.
8& Step forward on R, make a ½ turn L (weight forward on L). □ □ □ □ (6 o'clock).

****Restart from here during wall 2 – Begin again facing 12 o'clock wall**.**

****Restart from here during wall 4 – Begin again facing 12 o'clock wall**.**

½ Turn L Sweep, Behind, Side, Cross Rock Recover, Side, Step Full Spiral Turn Left, Step, Step ½ Turn Left.

- 1 Make a ½ turn L stepping back on R whilst sweeping L to behind R.
2& Cross step L behind R, step R to R side.
3,4& Cross rock L over R, recover weight to R, step L to L side.
5,6 Step forward on R, make a full spiral turn L ending with L hooked in front of R.
7 Step forward on L.
8& Step forward on R, make a ½ turn L (weight ending on L). (6 o'clock).

Enjoy

Contact: deemusk@btinternet.com Dee – 07814 295470
