

Dancing On My Own

COPPERKNOB
BY SHEETS

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Stephen & Lesley McKenna (SCO) - September 2016
音乐: Dancing On My Own (feat. Tiësto) (Tiësto Remix) - Calum Scott : (Single)



Intro:- 64 counts

Section 1: Step L to 1.30, step R, ½ L point L, ½ R, point R, back R, point L, back L

- 1-2 Step forward L towards 1.30, Step forward R 1.30
- 3-4 Turn ½ L 7.30 as you point L toe forward, turn ½ R 1.30 stepping L next to R
- 5-6 Point R toe forward 1.30, step back R
- 7-8 Point L toe to L side, Step back L

Section 2: ½ R to 7.30 , L together, heel switches R L, ball, R step forward with dip, L together, R step forward with dip, L together

- 1-2 Turn ½ R stepping forward R to 7.30, Step L next to R
- 3&4& Dig R heel forward, step R next to L, dig L heel forward, Step L next to R
- 5-6 Step forward R dip slightly, straighten up as you step L next and click R fingers to R side
- 7-8 Step forward R dip slightly, straighten up as you step L next and click R fingers to R side

*1st Restart here- L touch instead of step (see notes)

Section 3: Step R forward to 7.30, pivot ½ L to 1.30, 1/8 L step R side, behind, side, point L front, point L side, behind, side, cross

- 1-2 Step forward R to 7.30, pivot ½ L to 1.30
- 3-4& Turn 1/8 L (12 o'clock) stepping R to R side, step L behind R, step R small step to R side
- 5-6 Point L toe forward slightly crossing R, point L toe to L side
- 7&8 Step L behind R, step R to R side, Cross L over R

Section 4: Point R , cross with dip, L side, cross with dip, ¼ R, touch, back R shuffle

- 1-2 Point R toe to R side, cross R over L as you dip
- 3-4 Step L to L side, cross R over L as you dip
- 5-6 Turn ¼ R stepping back slightly L, touch R toe next to L (3 o'clock)
- 7&8 Step back R, step L next to R, step back R

Section 5: L rock back, recover, ¼ R side rock, recover, L rock back, recover, ½ shuffle

- 1-2 Rock back L, recover R
- 3-4 Turn ¼ R rocking L to L side, recover R (6 o'clock)
- 5-6 Rock back L, recover R
- 7&8 Turn ¼ R stepping L, step R next to L, turn ¼ R stepping back L (12 o'clock)

Section 6: R rock back, recover, ¼ L side rock, recover, R rock back, recover, ½ shuffle

- 1-2 Rock back R, recover L
- 3-4 Turn ¼ L rocking R to R side, recover L (9 o'clock)
- 5-6 Rock back R, recover L
- 7&8 Turn ¼ L stepping R, step L next to R, turn ¼ L stepping back R (3 o'clock) ** Restarts here- see notes

Section 7: L sailor step, R toe back, reverse pivot ¼ R, L sailor step, R toe back, reverse pivot ¼ R

- 1&2 Step L behind R, small step R to R side, small step L to L side
- 3-4 Touch R toe back, turn ¼ R stepping down on R (6 o'clock)
- 5&6 Step L behind R, small step R to R side, small step L to L side
- 7-8 Touch R toe back, turn ¼ R stepping down on R (9 o'clock)

Section 8: Twist ¼ L, twist ¼ R, twist 1/4 L, hold, heel ball 1/8 R to 7.30, sit down, up

- 1-2 keeping both feet in place twist ¼ L weight L, twist ¼ R weight R
3-4 Twist ¼ L weight L, hold (6 o'clock)
5&6 Touch R heel next to L, step R 1/8 R to 7.30, step L next to R
7-8 Bend both knees as though sitting down slightly, straighten knees to stand up – weight R

Start again – Enjoy!

***1st Restart:- Restart the dance after 16 counts of wall 1. Step change on count 16 - touch L next to R.**

**** Restart on wall 3, 5 and 6, after section 6. Step and timing change on count 7&8 (section 6) – Step forward R, pivot 5/8 (1.30) L taking weight back on R- Count becomes 7-8 on step change.**

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