

Meteorite

COPPER KNOB
BY STEPHEN

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Rob Fowler (ES) & Tina Argyle (UK) - October 2016
音乐: Meteorite - Years & Years : (from Bridget Jones Movie - Single - iTunes etc)



Alternative country track :- People Know You By Your First Name by Dean Brody (No Restart required)

Count In : 32 counts from start of track approx 16 secs – start with main beat just before lyrics
Starting Position – Start with weight forward on the right to touch the left behind – from wall 2 onwards, the & step and the end of the dance will put you back in the starting position every time.

S1: Touch & Kick, Coaster Step, Forward Rock, Triple ¾ Turn

1&2 Touch left toe behind right, step down on left, kick right forward
3&4 Step back right, step back left, step fwd right
5 - 6 Rock fwd onto left, recover weight back onto right
7&8 Make triple ¾ turn left stepping left, right, left (3 o'clock)

S2: Cross Side Behind & Heel, & Touch & Heel, HOLD & Cross

1 - 2 Cross right over left, step left to left side
3&4 Cross right behind left, step down left, touch right heel to right diagonal
&5 Step down right, touch left behind right
&6 Step back left, touch right heel to right diagonal
7 Hold
&8 Step down right, cross left over right (3 o'clock)

S3: ½ Turn Side, HOLD Together Side, Cross Rock, Recover Sailor ¼ Turn

1 - 2 Make ¼ turn left stepping back right, make ¼ turn left stepping to left side (9 o'clock)
3&4 Hold (count 3) step right at side of left, step left to left side
5 - 6 Cross rock right over left, recover weight onto left
7&8 Make ¼ turn right crossing right behind left, step left in place, step right in place (12 o'clock)

S4: Walk LR a ¼ Turn, ¼ Shuffle Turn, Heel Swtch R&L&R, Heel Twist Out In

1 - 2 Walk round to left stepping left, right with 12 o'clock wall on your right
3&4 Shuffle round a quarter turn to face 6 o'clock stepping left, right, left
5&6 Touch right heel forward, step right in place, touch left heel forward
&7 Step left in place, place ball of right foot forward
&8 Twist both heels right then centre finishing with weight on left (6 o'clock)

S5: Step Back Sweep x2, Coaster Step Full Turn Fwd (or walk fwd x2)

1 - 2 Step back right, sweep left leg anti clockwise
3 - 4 Step back left, sweep right leg clockwise
5&6 Step back right, step back left, step forward right
7 - 8 Make ½ turn right stepping back left, make ½ turn right stepping forward right – or walk fwd left, right

S6: ½ Pivot Turn ½ Shuffle Turn Back, Right Rock Back Recover, Walk, Walk,

1 - 2 Step forward left, make ½ pivot turn right onto right
3&4 Make ½ turn right shuffling back left right left
5 - 6 Rock back right, recover weight onto left
7 - 8 Walk forward right then left

**** RESTART: HERE DURING WALL 2 FACING 12 O'CLOCK ****

**** Step fwd right on the & count and start the dance again

S7: Hitch & Cross. Side Rock Recover Cross Shuffle ¼ Turn Step Side

- 1&2 Hitch right knee across, step down right, cross left over right
- 3 - 4 Rock right to right side, recover onto left
- 5&6 Cross right over left, step left to left side, cross right over left
- 7 - 8 Make ¼ turn right stepping back left, step right to right side (9 o'clock)

S8: Hitch & Cross. Side Rock Recover Cross Shuffle Rock ¼ Turn

- 1&2 Hitch left knee across, step down left, cross right over left
- 3 - 4 Rock left to left side, recover onto right
- 5&6 Cross left over right, step right to right side, cross left over right
- 7 - 8 Rock right to right side, make ¼ turn left recovering weight fwd onto left
- & Step forward right

Last Update - 26th Oct 2016
