

Circle of Life

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 1 级数: Intermediate - Circle
编舞者: Cody Flowers (USA) - September 2016
音乐: Circle of Life - Carmen Twillie & Lebo M



Count In: 4 Counts after the beat starts (Approx. 28 seconds into song)

Notes: Circle dance that begins facing the inside of the circle. 12:00 is always facing inside the circle, and 6:00 is always facing outside the circle.

[1-9] Step-Sweep, Cross- $\frac{1}{4}$ - $\frac{1}{4}$, Behind-Side-Cross, $\frac{1}{4}$, $\frac{1}{2}$, Run, Run, Run

1 2&3 Forward on LF sweeping RF back to front, Cross RF over LF stepping down, $\frac{1}{4}$ Turn R stepping back on LF, $\frac{1}{4}$ Turn R stepping RF to R - 6:00
4&5 Step LF behind RF, Step RF to R, Cross LF over RF 6:00
6 7 $\frac{1}{4}$ Turn left stepping back on RF, $\frac{1}{2}$ Turn left stepping forward on LF 9:00
8&1 Forward on RF, Forward on LF, Forward on RF 9:00

[10-17] Pivot $\frac{1}{2}$, $\frac{1}{4}$, Behind, Rock-Recover, Behind, $\frac{1}{4}$, Step, $\frac{3}{4}$, Rock

2 3 Pivot $\frac{1}{2}$ Turn over left shoulder stepping forward on LF, $\frac{1}{4}$ Turn left stepping RF to right-12:00
4&5 Step LF behind RF, Rock RF to right side, Recover weight on LF - 12:00
6 7 Step RF behind LF, $\frac{1}{4}$ Turn left stepping LF forward - 9:00
8&1 Forward on RF, Pivot $\frac{3}{4}$ Turn left putting weight down on LF, Rock forward on RF-12:00

[18-25] Recover, $\frac{1}{4}$, Coaster, Chase $\frac{1}{2}$, $\frac{1}{2}$, $\frac{1}{2}$, $\frac{1}{4}$

2 3 Recover weight on LF, $\frac{1}{4}$ Turn right stepping back on RF - 3:00
4&5 Step back on LF, Step RF beside LF, Step LF forward - 3:00
6&7 Step forward on RF, $\frac{1}{2}$ Turn left stepping LF beside RF, Step forward on RF - 9:00
8&1 $\frac{1}{2}$ Turn right stepping back on LF, $\frac{1}{2}$ Turn right stepping forward on RF, $\frac{1}{4}$ Turn right stepping LF to left - 12:00

[26-32] Rock-Recover-Side, Rock-Recover-Forward, Rock-Recover- $\frac{1}{2}$, Chase $\frac{1}{2}$

2&3 Rock RF behind LF, Recover weight on LF, Step RF to right 12:00
4&5 Rock LF behind RF, Recover weight on RF, Step LF forward 12:00
6&7 Rock forward on RF, Recover weight on LF, $\frac{1}{2}$ Turn right stepping forward RF 6:00
8&1 Step forward on LF, $\frac{1}{2}$ Turn right stepping RF beside LF, Forward on LF sweeping RF back to front to begin the dance again! - 12:00

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