

If This Is Goodbye

COPPER **NOB**
BY STEPHEN

拍数: 64 墙数: 2 级数: Easy Intermediate
编舞者: DJ Dan (NL) - November 2016
音乐: If This Is Goodbye - Mark Knopfler & Emmylou Harris : (iTunes)



Intro: 16 counts

S1: ROCK FORWARD, 1/2 TURN RIGHT, STEP FORWARD, PIVOT 1/4 TURN RIGHT, CROSS ROCK, CHASSE

1-2&3-4 Rock forward on Right, recover onto Left, make 1/2 turn right step forward Right [6], Step forward on Left, Pivot 1/4 turn right [9]
5-6-7&8 Rock Left across Right, Recover onto Right, Step Left to side, Step Right next to Left, Step Left to left

S2: ROCK FORWARD, BALL STEP, 1/2 TURN LEFT, BACK ROCK, SHUFFLE 1/2 TURN RIGHT

1-2&3-4 Rock forward on Right, Recover on to Left, Small step back on ball of Right, Step forward on Left, Make 1/2 turn left step back on Right [3]
5-6-7&8 Rock back on Left, Recover onto Right, shuffle 1/2 turn right stepping Left, Right, Left [9]

S3: DRAG x 2, COASTER STEP, STEP FORWARD, PIVOT 1/2 TURN RIGHT, CROSS ROCK, STEP SIDE

1-2-3&4 Drag back Right, Drag back Left, Step back Right, Step Left next to Right, Step forward Right
5-6-7&8 Step forward on Left, Pivot 1/2 turn right [3], Rock Left across Right, Recover onto Right, Step Left to left side

S4: CROSS ROCK, CHASSE, CROSS, 1/4 TURN LEFT, KICK BALL CROSS

1-2-3&4 Rock Right across Left, Recover onto Right, Step Right to right side, Step Left next to Right, Step Right to right side
5-6 Step Left across Right, Make 1/4 turn left step Right back [12],
7&8 Kick Left forward, Step on ball of Left next to Right, Step Right across Left

S5: SIDE ROCK, CROSS SHUFFLE, SWAY x 4 R-L-R-L

1-2-3&4 Rock Left to left side, Recover onto Right, Cross Left over Right, Step Right to right side, Cross Left over Right
5-8 Step Right to right side sway hips Right, sway hips Left, sway hips Right, sway hips Left

S6: LUNGE FORWARD ON RIGHT DIAGONAL, BEHIND-SIDE-CROSS, ROCK FORWARD, SHUFFLE 1/2 TURN LEFT

1-2 Press Right forward on right diagonal, Recover onto Left
3&4 Cross Right behind Left, Step Left to left side, Cross Right over Left
5-6-7&8 Rock forward on Left, Recover onto Right, Shuffle 1/2 turn left stepping Left, Right, Left [6]

S7: SIDE ROCK 1/4 TURN LEFT, CROSS SHUFFLE, STEP LEFT, STEP BESIDE, SHUFFLE FORWARD

1-2 Make 1/4 turn left rock Right to right side, Recover onto Left [3]
3&4 Cross Right over Left, Step Left to left side, Cross Right over Left
5-6-7&8 Step Left to left side, Step Right next to Left, Shuffle forward stepping Left, Right, Left

S8: ROCK FORWARD, CHASSE 1/4 TURN RIGHT, ROCK FORWARD, COASTER CROSS

1-2 Rock forward on Right, Recover onto Left
3&4 Make 1/4 turn right step Right to right side [6], Step Left next to Right. Step Right to right side
5-6-7&8 Rock forward on Left, Recover onto Right, Step back on Left, Step Right next to Left, Cross Left over Right

Restart on wall 3 : Dance the first 40 counts, then Restart the dance from beginning [12]

Ending : On the last wall dance up to count 14, then

Make 1/4 turn right large step Left to left side, Drag Right next to Left

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