

Keep It Between the Lines

COPPER KNOB
BY STEPHEN

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Urban Danielsson (SWE) & Christina Johnsson (SWE) - January 2017
音乐: Keep It Between the Lines - Sturgill Simpson : (CD: A Sailor's Guide To Earth)



#16 counts intro, starts on vocal (available at Itunes)

Section 1: □ Walk x 2, step right forward, bounce ½ turn left, walk back x 2, step left back, bounce ½ turn left

- 1-2 Step forward on right foot, step forward on left foot
- 3&4 Step right forward, bounce with both heels turning ¼ left, bounce with both heels turning ¼ left and end with weight on right foot (6:00)
- 5-6 Step back on left foot, step back on right foot
- 7&8 Step back on left foot, bounce with both heels turning ¼ left, bounce with both heels turning ¼ left and end with weight on right foot (12:00)

Section 2: □ Step-lock-step back, step-lock-step back, step back left & point right, hold, sailor ¼ turn right, step left forward

- 1&2 Step left foot back, lock step right foot across in front of left, step left foot back
- 3&4 Step right foot back, lock step left foot across in front of right, step right foot back
- &5-6 Jump small step back on left foot, point right toes to right side, hold
- &7&8 ¼ turn right step right foot behind of left, step left small step to left side, step right a small step to right side, step forward on left foot (3:00)

Section 3: □ Jump out, hold, together, pivot ½ turn, triple left, rock back-recover

- &1-2 Jump out with right foot, jump out with left foot, hold
- &3-4 Step right foot next to left, step left foot forward, turn ½ right step right foot forward (9:00)
- 5&6 Step left foot to left side, step right next to left, step left foot to left side
- 7-8 Rock back on right foot, recover weight onto left foot

Section 4: □ Point right diagonal, hold, step together, point left diagonal, hold, step together, walk forward x 2, pivot ½, step forward

- 1-2 Point right toes diagonally forward right and angle body right, hold
- &3-4 Step right next to left, point left toes diagonally forward left and angle body left, hold
- &5-6 Step left next to right, walk right foot forward, walk left foot forward
- 7&8 Step right foot forward, turn ½ turn left and step down on left foot, step right foot forward (3:00)

Section 5: □ Step forward sweeping ¾, behind-side, cross triple, rock-recover, sailor step

- 1 Step left foot forward and start sweeping right foot from front to back while turning ¾ turn right (12:00)
- 2& Step right foot behind of left, step left foot to left side
- 3&4 Step right foot across in front of left, step left foot to left side, step right foot across in front of right
- 5-6 Rock left foot to left side, recover weight onto right foot
- 7&8 Step left foot behind of right, step on right foot small step to right, step on left foot small step to left

Section 6: □ Jump out, hold, together, walk x 2, mambo step, point toes back, unwind with a hook

- &1-2 Jump short forward out with right foot, jump out with left foot, hold
- &3-4 Step right foot next to left, step left foot forward, step right foot forward
- 5&6 Rock left foot forward, recover weight onto right foot, step back on left foot
- 7-8 Point right toes back, unwind ½ turn right with weight still on left foot while you hook your right foot in front of your left shin (6:00)

Note: ☐ Restart the dance from here on wall 2 and 4.

Section 7: ☐ Walk x 2, step forward, twist ¼ left, coaster step, heel grind ¼ right

- 1-2 Step right foot forward, step left foot forward
- 3-4 Step right foot forward, twist both heels to right while turning ¼ to left weight end on right foot (3:00)
- 5&6 Step back on left foot, step right next to left, step forward on left foot
- 7-8 Step right heel forward, turn ¼ right and step down on left foot (6:00)

Section 8: ☐ Behind-side-cross, rock-recover, behind-side-cross, rock side, hitch across

- 1&2 Step right foot behind of left, step left foot to left side, step right foot across in front of left
- 3-4 Rock left foot to left side, recover weight onto right foot
- 5&6 Step left foot behind of right, step right foot to right side, step left foot across in front of right
- 7-8 Rock step right foot to right side, recover weight onto left foot while right leg do a hitch across in front of left leg

RESTART and ENJOY!

Note: Restart the dance after 48 counts on wall 2 and 4.

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