

Because Of You

COPPER KNOB
STEPSHEETS

拍数: 40 墙数: 4 级数: Intermediate

编舞者: Trine Haukø Lund (NOR) - February 2017

音乐: From This Moment On (Pop On-Tour Version) - Shania Twain : (Album: Greatest Hits - 2004)



#16 counts intro(approx 16 seconds) Sequence of dance: 29-27-40-27-16-40-40

Section 1: Basic NC R, turn 1/8 step L fwd, 1 1/2 turn L, rock LF fwd, hitch R, recover, step L, rock RF fwd hitch L

1-2& Step RF to R, close LF behind RF, cross RF in front of LF
3-4& Turn 1/8 L(10.30) step LF forward, turn 1/2 L(4.30) step RF backwards, turn 1/2 L(10.30) step LF forward
5-6& Step RF forward, turn 1/2 L(4.30) step LF forward, step RF forward
7-8& Rock LF forward, lift RK, recover on RF, turn 1/8 L (3.00), step LF to L
1 Turn 1/8 L(1.30), rock RF forward, lift LK

Section 2: Recover, turn 3/8 R, step R fwd, walk L-R-L, 3/4 turn L, slide R, weave

2&3 Recover on LF, turn 3/8 R(6.00), step RF forward, walk LF forward
4-5 Walk RF forward, walk LF forward
6&7 Step RF forward, Turn 1/2 L(12.00) recover on LF, turn 1/4 L(9.00) slide to R
8&1 Cross LF behind RF, step RF to R, cross LF over RF

***Restart in wall 5 after count 8**

Section 3: Scissor step, 1 1/4 turn R, Full turn R, Rock LF fwd, recover, step LF backwards

2&3 Step RF to R, step LF next to RF, cross RF over LF
4&5 Turn 1/4 R(12.00), step LF backwards, turn 1/2 R(6.00), step RF forward, step LF forward, turn 1/2 R(12.00)
6&7 Step RF forward, turn 1/2 R(6.00) step LF backwards, turn 1/2 R(12.00) step RF forward
8&1 Rock LF forward, recover on RF, step back on LF,

Section 4: Coaster step R, 1 1/4 turn R with sweep, sailor step R, cross shuffle, sweep R

2&3 Step RF backwards, step LF next to RF, step RF forward
4-5 Cross LF over RF, unwind 1 1/4 turn R(3.00), sweep RF from front to back
6&7 Step RF behind LF, step LF next to RF, step RF to R
8&1 Cross LF over RF, step RF to R, cross LF over RF, sweep RF from back to front

Section 5 :Cross, step L, behind, sweep, weave 1/4 turn R, step L fwd, rock. recover, step R backwards, step L

2&3 Cross RF over LF, step LF to L, step RF behind LF, sweep LF from front to back
4&5 Step LF behind RF, turn 1/4 R(6.00) step RF forward, step LF forward
6&7 Rock RF forward, recover on LF, step RF backwards
8 Step LF next to RF

Notes:)

Wall 1: □Dance up to 29& counts (count 6& in section 4)

Wall 2: □Facing 3 o'clock. Dance up to 27 counts (count 4 in section 4 – turn 1/4 R step LF fwd)

Wall 3: □Facing 6 o'clock

Wall 4: □Facing 12 o'clock. Dance up to 27 (count 4 in section 4 – step LF next to RF).

Wall 5: □Facing 12 o'clock. Dance up to count 16 (count 8 in section 2: change from : cross LF behind RF, to: step LF □next to RF).

Wall 6: □Facing 9 o'clock. After wall 6, sway for 4 counts R-L-R-L.

Wall 7: □Facing 3 o'clock.

To make a nice ending to the dance:

Use the last counts and make 1 1/4 turn R + sailor step to face front wall.

I did choreograph the dance to the Pop On Tour version of the song, but it is possible to dance it to one of the other versions as well. The intro will be longer, but rest of it will fit perfectly.
