

Nancy Mulligan Irish Contra

COPPER KNOB
STEP SHEETS

拍数: 16 墙数: 2 级数: Improver / Intermediate - Contra
编舞者: Helaine Norman (USA) - March 2017
音乐: Nancy Mulligan - Ed Sheeran : (Album: Divide, Deluxe)



Intro: On vocal

Note: Choose the tag that is appropriate for the level of the dancers.

Tags 2: Danced once after Wall 1 and twice after Wall 4. Done during instrumental (no singing and is the same instrumental as the intro of the song).

I. HEEL TOE SHUFFLE, HEEL TOE SHUFFLE

1-2 Touch R heel forward, touch R toe together
3&4 Shuffle forward RLR
5-6 Touch L heel forward, touch L toe together
7&8 Shuffle forward LRL (12:00)

II. 1/4 TURN LEFT SIDE SHUFFLE, 1/4 TURN LEFT SIDE SHUFFLE , TOE SWITCHES, HOOK

1&2 Turn 1/4 left and shuffle right side RLR (9:00)
3&4 Turn 1/4 left and shuffle left side LRL (6:00)
5&6& Point R side, step R together, point L side, step L together
7-8 Point R side, hook R over L

Optional for count 8: &8: Clap clap

Styling optional for 1-4: Dancers of opposite sides hold hands high over their heads, drop them after the turns.

Optional Tag: SIDE BEHIND & HEEL & CROSS (SYNCOPATED VAUDEVILLES)

1-2 Step R side, step L behind
&3 Step R, Touch L heel (diagonally left) (11:30)
&4 Step L, step R over
5-6 Step L side, step R behind
&7 Step L, touch R heel (diagonally right) (12:30)
&8 Step R side, step L over

Optional Tag: SIDE, CROSS, SIDE HEEL

1-2 Step R side, step L over
3-4 Step R side, touch L heel (diagonally) (11:30)
5-6 Step L side, step R over
7-8 Step L side, touch R heel (diagonally) (12:30)

Begin again.

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Last Site Update – 8th March 2019 -R2