

You're My Remedy

COPPER KNOB
BY SHEETS

拍数: 48 墙数: 2 级数: Intermediate
编舞者: Fred Whitehouse (IRE) - April 2017
音乐: The Remedy - Josh Krajcik



Intro – 24 counts (15 seconds from start of track)

S1: Twinkle, cross, ¼ turn L x2

1-3 Step R over L, step L to L side, step R forward diagonal
4-6 Cross L over R, ¼ turn L stepping R back, ¼ turn L stepping L to L side

S2: Lunge, recover, ¼ turn R, step forward leg raise

1-3 Cross rock R over L, recover on L, ¼ turn R step R forward 9.00
4-6 Step L forward, kick R forward, hold (slowly rise R leg over 2 counts)

S3: Step back, ¼ turn L x2, step forward, ½ turn sweep

1-3 Step R back, ¼ turn L stepping L to L side, ¼ turn L stepping R forward 3.00
4-6 Step L forward, make ½ turn L sweeping R over 2 counts 9.00

S4: Twinkle x2 (full turns x2)

1-3 Step R over L, step L to L side, step R forward diagonal
4-6 Step L over R, step R to R side, step L forward diagonal

(Option: instead for these 2 twinkles, add 2 full turns, 1 over the right shoulder, 1 over the left shoulder)
Restart here, during walls 3, and 6

S5: Diamond fall away making ¼ turn R, weave

1-3 Step R over L, step L to L side, 1/8 turn R stepping R back diagonal
4-6 Step L back, 1/8 turn R stepping R to R side, cross L over R 12.00

S6: Pas de valse x2 (side back rocks x2)

1-3 Step R to R side, rock L behind R, recover weight on R
4-6 Step L to L side, rock R behind L, recover weight on L

S7: ¼ turn R, ½ turn R hitch, point, full monetary point, hold

1-3 ¼ turn R stepping R forward, ½ turn R pointing L to L side (hitch L as you pivot ½ turn R)
4-6 Full turn L closing L beside R, point R to R side, hold (option: cross L over R, point hold)

S8: Weave, sway x3

1-3 Cross R over L, step L to L side, step R behind L
4-6 Step L to L side as you sway L, sway R, sway L

Enjoy

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