

Whiter Shade of Pale

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 2 级数: Intermediate
编舞者: Judy Rodgers (USA) - April 2017
音乐: A Whiter Shade Of Pale - Procol Harum



#32 count intro - (NO Tags Or Restarts)

Step, sailor turn 1/4 L, step turn 1/2 R step back, back, back rocking chair

1 Step R big step right
2&3 Turning 1/4 left step L behind R, step R to side, step L fwd - 9:00
4-6 Step R fwd, turn 1/2 right step L back, step R back - 3:00
7&8& Rock L back, recover R, rock L fwd, recover R

Turn 1/2 L step fwd, side rock cross, turn 1/4 R, step side, cross & cross/rock, recover

1 Turn 1/2 left step L fwd □□□ □□9:00
2&3 Rock R to side, recover L, cross R over L
4-5 Turn 1/4 right step L back, step R to right side - 12:00
6&7 Cross L over R, step R to right side, cross/rock L over R
8 Recover R

Side rock recover, side behind turn 1/4 R, step, turn 1/2 L turn 1/2 L, rock recover turn 1/4 R

1-2& Step L to left side, rock R behind L, recover L
3-4& Step R to right side, rock L behind R, turn 1/4 right step R fwd - 3:00
5 Step L fwd
6-7 Turn 1/2 left step R back, turn 1/2 left step L fwd (or walk, walk)
(** Harder option 6-7: Step R fwd, full spiral turn left on ball of R, step L fwd) □
8&1 Rock R fwd, recover, turn 1/4 right step R to right side - 6:00

Sailor turn 3/8 L sweep R, cross side behind (turning 1/8 L) sweep L, sailor turn 3/8 L, turn 1/8 L walk walk (this set should flow in a full circle moving left)

2&3 Step L behind R, turn 3/8 left step R to right side, step L fwd, sweep R over L - 1:30
4&5 Cross/step R over L, step L to left side, step R behind L, sweep L from front - 11:00
(Styling.....steps 4&5 should turn to the left, keeping the flow in the circle) □
6&7 Turn 3/8 left step L behind R, step R to side, step L fwd - 7:30
8& Turn 1/8 left walk R, L□- 6:00

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