

Cleanse My Soul

COPPER KNOB
BY STEPHEN

拍数: 48 墙数: 4 级数: Ultra Beginner
编舞者: Jo Rosenblatt (AUS) - July 2007
音乐: Take Me to the River - Kaleida : (Album: Think)



Intro: 24 counts – start on lyrics

S1: Vine Right, 4 x Hips

1-4 Step R to right, Step L behind right, Step R to right, Touch L beside right
5-8 Stepping L to left roll your hips: L R L R (weight will be on right foot)

S2: Vine Left with ¼ Turn, 4 x Hips Rolls

1-4 Step L to left, Step R behind left, Turn 90deg left step L forward, Touch R beside left
5-8 Stepping R to right roll your hips: R L R L (weight will be on left foot) 9

S3: ¼ Turn Toe Strut, ½ Turn Toe Strut, ¼ Turn Fwd, Rock, ½ Turn Walk, Walk

1 2 Turning 90deg left touch R toe to right, Drop R heel to floor 6
3 4 Turning 180deg right touch L toe to left, Drop L heel to floor 12
5 6 Turning 90deg left step R forward, Rock back onto L 9
7 8 Turning 180deg right step R forward, Step L forward 3

S4: Cross, Side, Cross, Point, Cross, Side, Cross, Point

1-4 Cross R over left, Step L to left, Cross R over left, Point L toe to left
(Move slightly forward on the left diagonal)
5-8 Cross L over right, Step R to right, Cross L over right, Point R toe to right 3
(Move slightly forward on the right diagonal)

S5: Rocking Chair, Paddle Turn, Paddle Turn ****

1-4 Step R forward, Rock/Recover onto L, Step R back, Rock/Recover onto L
5 6 Step R forward, Turning 90deg left step L to left 12
7 8 Step R forward, Turning 90deg left step L to left ***** 9

S6: Forward, Rock, Back, Touch, Back, Back, Back, Touch ****

1-4 Step R forward, Rock/Recover onto L, Step R back, Touch L next to right
5-8 Step L back, Step R back, Step L back, Touch R next to left **** 9

START DANCE AGAIN

TAG: At the end of Wall 1 (at 9 o'clock) & Wall 3 at (3 o'clock) add the following tag.

Dip, Touch, Dip, Touch

1 2 Step R to right while dipping body from right to left, Touch L toe to left
3 4 Step L to left while dipping body from left to right, Touch R toe to right

RESTART: After Count 40 **** on Wall 2 (at 6 o'clock) and Wall 5 (at 9 o'clock).

This was written for my Beginners as a Split Floor to "Take Me To The River" – enjoy!

Free to be copied provided no changes are made to the original choreography.

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