

Chameleon Heart

COPPER KNOB
BY STEPHEN HETS

拍数: 32 墙数: 4 级数: High Intermediate WCS
编舞者: Debbie Rushton (UK) & Jannie Tofte Stoian (DK) - October 2017
音乐: Chunks - Phlake : (iTunes)



Intro: 32 counts intro (app. 44 sec. into song) Start on heavy beat.

Restart: 1 restart on wall 2, after 16 counts. Facing 12:00

[1-8] Back ¼ L point, Rolling vine R, Step ¾ R, Behind ¼ L rock step

1&2 Step R back, turn ¼ L stepping L to L side, point R to R side 09:00
3&4 Turn ¼ R steppppping R fw, turn ½ R stepping L back, turn ¼ R stepping R to R side 09:00
5&6 Step L fw, turn ½ R stepping onto R, turn ¼ R stepping L to L side 06:00
7&8& Cross R behind L, turn ¼ L stepping L fw, rock R fw, recover L 03:00

[9-16] Step sweep, Behind ¼ R, Step ½ R, Ball step ¼ L, Kick out out together

1-2& Step R back sweeping L CCW, cross L behind R, turn ¼ R stepping R fw 06:00
3-4 Step L fw, turn ½ R stepping onto R 12:00
&5-6 Step L next to R, step R fw, turn ¼ L stepping onto L 09:00
7&8& Kick R fw, step out R, step out L, step R next to L

Restart here wall 2: Replace counts 7&8& with run R, L, rock R, recover L – same counts 12:00 09:00

[17-24] Cross side together, Cross ¼ ½ R, Mambo sweep, Behind side cross

1&2 Cross L over R, step R to R side, step L next to R (body slightly angled L) 09:00
3&4 Cross R over L, turn ¼ R stepping L back, turn ½ R stepping R fw 06:00
5&6 Rock L fw, recover R, step L back sweeping R CW 06:00
7&8 Cross R behind L, step L to L side, cross R over L (beginning of a cross shuffle) 06:00

[25-32] Ball cross, ¾ unwind L, Ball ¼ L cross ¼ R, Ball ¼ R cross, Step ½ L, Rock step

&1-2 Step L to L side, cross R over L (end of cross shuffle), unwind ¾ L (weight L) 09:00
&3-4 Turn ¼ L stepping R to R side (slightly back), cross L over R, turn ¼ R stepping R fw 09:00
&5-6 Turn ¼ R stepping L to L side (slightly back), cross R over L, turn ¼ L stepping L fw 09:00
7&8& Step R fw, turn ½ L stepping onto L, rock R fw, recover L 03:00

Ending – Wall 8 (starts facing 03:00)

Dance the dance normally up to count 31& (step ½ L) facing 06:00. Then add:

8& Step R fw, turn ½ L stepping onto L 12:00

Last Update – 18th Oct. 2017