

Written in the Sand

COPPER KNOB
BY STEPHEN METZ

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Rob Fowler (ES) - October 2017
音乐: Written in the Sand - Old Dominion



Intro: on Main Vocals - Count: 16 (approx. 11 secs) - bpm: 88

S1: Side L, Rock, Recover, Full Turn R, Hip Bumps, Full Turn L & Sweep

1,2& Step L to L side, rock back on R, recover on L
3,4 Make ¼ turn R stepping forward R, make ½ turn R stepping back L
5,6 Make ¼ turn R stepping R to R side and bump R hip to R, bump hip L
7 Bump hips R pulling R shoulder slightly back (**Restart here during Wall 3 – see below**)
8 Transferring weight on to L make a full turn L on ball of L sweeping R around (keep weight on L) (12 o'clock)

S2: R Cross, Recover, Side, L Cross, Recover, Side, R Cross, Recover, Full Paddle Turn R

1&2 Cross rock R over L, recover on L, step R to R side
3&4 Cross rock L over R, recover on R, step L to L side
5& Cross rock R over L, recover on L
6&7& Make ¼ turn R stepping on R, step L next to R, make ¼ turn R stepping on R, step L next to R
8 Make ½ turn R stepping on R and sweeping L in front of R (12 o'clock)

S3: L Cross, Side R, Behind L, Sweep R, Behind R, Side L, Cross R, Side Rock, Recover, Cross, ½ Turn Cross

1&2& Cross L over R, step R to R side, step L behind R, sweep R
3&4 Step R behind L, step L to L side, cross R over L
5&6 Rock L to L side, recover on R, cross L over R
7&8 Make ¼ turn L stepping back R, make ¼ turn L stepping L to L side, cross R over L (6 o'clock)

S4: Side Rock, Recover & ¼ Turn, Step L, Full Turn L, Step R, ½ Turn, Step R, ½ Turn Sweep, L Sailor, Cross R

1&2 Rock L to L side, recover on R making ¼ turn R, step forward L
3,4 Make ½ turn L stepping back R, make ½ turn L stepping forward L
5&6 Step forward R, pivot ½ turn L, step forward R
& Keeping weight on R make another ½ turn L sweeping L behind R
7&8& Cross L behind R, step R to R side, step L to L side, cross R over L (9 o'clock)

Start again - Enjoy!!

** During Wall 3, dance up to and including count 7, then make ½ turn L stepping R next to L Count 8 and RESTART the dance (facing 12 o'clock)