

Lights Down Low

COPPER KNOB
STEPSHEETS

拍数: 80 墙数: 2 级数: Phrased Intermediate
编舞者: Guyton Mundy (USA) & Rebecca Lee (MY) - November 2017
音乐: Lights Down Low - MAX



Start dance after 16 counts – Seq. : AB AB AB(16count) B(12'00) A(6.00)

PART A (48count)

A1: STEP, ROCK BACK, ROCK FORWARD, TOUCH, ½ TURN, SLOW HITCH, FLICK

- 12& Step R to R side (1), Rock L behind R (2), Recover R (&)
3&4& Rock L forward (3), Recover R (&), Touch L back while bringing both arms in with palm facing chest (4) ½ turn L Step L (&)
5,6 Rock L with open arms as if presenting (5) recover weight on R bringing R arm to chest and L arm to navel (6),
&7,8 Bring R arm down to navel while bringing L arm to chest in a rolling motion (&), Slowly hook L foot in front of R knee while bringing R arm back to chest and L arm to navel in a rolling motion (7) , Flick L to L side (8)

A2: STEP SWEEP, CROSS BACK BACK, COASTER STEP, ARM REACH, BACK WALK, LEAN

- 1 Step L sweep R front (1)
2&3 Cross R over L (2), Step L to L back diagonally (&), Step R back diagonally (3) facing 7.30
4&5 Step L back (4), Step R next to L (&), Step L forward (5) facing 7.30
6&7 Extend R arm upward (6) , Extend L arm upward (&), Pull both arm to the chest (7.30)
8&1 Step L back (8), Step R back (&), Step L back with upper body lean back (1) 7.30

A3: BODY SWAY, DIAMOND STEPS,

- 2&3 Body sway forward (2), Body sway back (&), Step R forward with sweeping L over R (3)
4&5 Cross L over R (4), 1/8 turn L Step R back (&), 1/8 turn step L back (5) (4.30)
6&7 Step R back (6) , 1/8 turn L Step L to L (&), 1/8 turn L Cross R over L (7) (1.30)
8&1 Cross L over R (8), 1/8 turn L Step R to R(&), Cross L back with R sweep front to back (1)(12.00)

A4: TOUCH, TOUCH HITCH, CROSS ¼ TURN STEP, 1 ¼ TURN STEP

- 2&3 Touch R behind L (2), Touch R to R side with scuff on the (&), Hitch R (3)
4,5 Cross R over L (4), ¼ turn L Step L forward (5),
6 1 ¼ turn L with hook R behind L knee (6)
7,8& Step L to L side(7), Rock R behind L (8) , Recover L (&)

A5: STEP (ARM MOVEMENT), FULL TURN L, STEP TOGETHER, HEAD LOOK L

- 1&2 Step L to L diagonal with R arm reach up (1), Reach L arm up (&), Pull both arm to chest (2) (4.30)
3&4 Extend R arm to R side (7.30), Place L hand to R shoulder (&), Full Turn L while bring the R arm in and place R hand in front of L hand (looking like a X)(4) (3.00)
56 Roll both hand in toward the chest (5), Roll it out with both palm facing out (6)
7&8 Step R forward (7), Step L next to R (&) Head look to L (8) (3.00)

A6: WALK BACK, ¾ TURN L , BODY SWAY, ROCK BACK, PREP

- 1,2&3 Step L back (1), Step R back (2), Step L back(&) ¼ turn L cross R over L (3)
4&5 ½ turn L step L to L side with body sway (4), R body sway (&), L body sway (5)
6& Rock R behind L (6), Recover L (&)
7,8 Step R to R and slightly rotate the upper body to R side to prepare for L rolling vine turn

PART B (32Count)

B1: L ROLLING VINE, ARM MOVEMENT (DRAW THE ZORRO Z)

- 1&2 Recover L turning $\frac{1}{4}$ turn L into L (1), $\frac{1}{2}$ turn L step R back on R (&), $\frac{1}{4}$ turn L step L to L with R arm extend to diagonal L (2) (6.00)
- 3&4& Slide the R arm to R diagonally down (3), Slide R arm to L diagonally down (&), Slide R to R side (4) Bring the R arm straight up as if reaching for the light bulb
- 5,6 Twist the R hand to forward twice as if unscrewing the light bulb
- 7,8 Bring R arm across the body to L side, Bring R elbow back to R side with stepping R to R side

B2: ROCK BACK, $\frac{1}{4}$ TURN STEP, $\frac{1}{2}$ TURN PIVOT, ARM MOVEMENT, ROCK BACK,STEP

- 1&2 Rock L behind R (1), Recover R (&), $\frac{1}{4}$ turn L step L forward (2)
- 3&4 Step R forward (3), $\frac{1}{2}$ turn pivot L bring the R arm place R hand to the mouth (&), bring L hand place it over R hand (4),
- 5,6 Slowly bring both hand down to the chest while slowly bend the knee to a sitting position
- 7,8 Rock R back with extend both arm forward (7), Recover L with pull both arm toward the chest (8)

On wall 3 count 7,8 make a $\frac{1}{4}$ turn R and prep for restart facing 12'00

B3: STEP SWEEP X3, ROCK $\frac{1}{2}$ TURN, 1 $\frac{1}{4}$ TURN L, PREP

- 1,2,3 Step R sweep L forward (1), Step L sweep R forward (2), Step L sweep R forward (3)
- 4&5 Rock R forward (4), Recover L (&), $\frac{1}{2}$ turn L step L forward (5) (9.00)
- 6&7 $\frac{1}{2}$ turn L step R back, $\frac{1}{2}$ turn L step L forward, $\frac{1}{4}$ turn L step R to R side
- 8 Prep body to R

B4: L ROLLING VINE, ARM MOVEMENT (DRAW THE ZORRO Z), ARM WAVE

- 1&2 Recover L turning $\frac{1}{4}$ turn L into L (1), $\frac{1}{2}$ turn L step R back on R (&), $\frac{1}{4}$ turn L step L to L with arm extend to diagonal L (2) (6.00)
- 3&4& Slide the R arm to R diagonally down (3), Slide R arm to L diagonally down (&), Slide R arm to R side (4) Bring the R arm straight up as if reaching for the light bulb(&)
- 5,6 Twist the R hand forward twice as if unscrewing the light bulb
- 7,8 Snake R arm from R to L twice across body transfer weight to L on last snake arm
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