

I'll Be Gentle

COPPERKNOB
BY SHEETS

拍数: 32 墙数: 2 级数: Intermediate
编舞者: Willie Brown (SCO) - November 2017
音乐: I'll Be Gentle - Paloma Faith & John Legend



Intro; 16 counts (11 secs approx) - on vocals

Extras; 1 x restart during wall 6 + 1 x tag end of wall 7

SECTION 1 – SIDE, BEHIND-SIDE-CROSS ROCK, RECOVER-SIDE-CROSS, ¼-¼-POINT, SWAY

- 1,2 Step Right to Right side
- 2&3 Cross Left behind Right, step Right to Right side, rock Left over Right
- 4&5 Recover weight back on Right, step Left to Left side, cross Right over Left
- 6&7 Turn ¼ Right and step back on Left, turn ¼ Right and step Right to Right side, point Left toe to Left side [6]
- 8 Take weight on Left and sway to Left, turning upper body slightly to Left

SECTION 2 – ¼ SWEEP, CROSS-SIDE-BEHIND-SWEEP, BEHIND-SIDE-CROSS ROCK-SIDE ROCK-COASTER STEP

- 1 Taking weight on Right turn ¼ Right sweeping Left out and forward [9]
- 2&3& Cross Left over Right, step Right to Right side, cross Left behind Right, sweep Right out and back
- 4&5& Cross Right behind Left, step Left to Left side, Rock Right over Left, recover weight on Left
- 6& Rock Right out to Right side, recover weight on Left
- 7&8 Step back on Right, close Left beside Right, step forward on Right

SECTION 3 – ¾ PIVOT, ½ HINGE, BALL CROSS, SIDE ROCK-CROSS-SIDE, ½ HINGE, BALL CROSS

- 1& Step forward on Left, pivot ½ Right taking weight on Right [3]
- 2 Turn another ¼ Right and step Left to Left side [6]
- 3 Keeping weight on your Left turn ½ Right lifting Right leg slightly [12]
- &4 Step down on Right, cross Left over Right
- **Restart here - during wall 6, facing 6 o'clock**
- 5&6 Rock Right out to Right side, recover weight on Left, cross Right over Left
- 7 Step Left to Left side and turn ½ Right lifting Right leg slightly [6]
- &8 Step down on Right, cross Left over Right

SECTION 4 – SIDE ROCK-CROSS, ¼ PIVOT, STEP FORWARD, ¾ PIVOT, SAILOR ½ CROSS

- 1&2 Rock Right out to Right side, recover weight on Left, cross Right over Left
- 3&4 Rock out to Left on Left, pivot ¼ Right taking weight on Right, step forward on Left [9]
- 5&6 Step forward on Right, pivot ½ Left taking weight on Left, turn another ¼ Left and step Right to Right side [12]
- 7&8 Cross Left behind Right, turn ¼ Left and step Right to Right side, turn another ¼ Left and cross Left over Right [6]

...START AGAIN...

Restart; After count 24 of wall 6, facing 6 o'clock – see above(**)

Tag; End of wall 7, facing 12 o'clock, do the following 4 counts;
NIGHTCLUB BASIC X2

- 1,2& Step Right to Right side, rock Left behind Right, recover weight on Right
- 3,4& Step Left to Left side, rock Right behind Left, recover weight on Left

Ending; On the last wall you will dance to count 7 of Section 1 – 'sway to Left'.
You will be facing 12 o'clock so from there just roll a full turn over your Right shoulder stepping Right, Left,
Right. Ta-Da!!!
