

Losing You

COPPERKNOB
BY STEPHEN BRETZ

拍数: 32 墙数: 2 级数: Intermediate / Advanced
编舞者: Yvonne Anderson (SCO) - February 2018
音乐: Losing You - Alison Krauss : (Album: Windy City. iTunes and amazon)



Notes: Start on vocal. This is a slow foxtrot, emphasis on slow...listen to the music and you will find it easy to follow the rhythm. I have tried to put in as much detail as possible, hence the script looks a little daunting, but stick with it and you have yourself a flowing dance. Towards the end of the track the beat drops away...keep going. To finish facing forward adjust the rolling turn counts 4a5 to face 12 o'clock and step forward...tah dah!!! Thanks to all who have proof read the script

[1-9] SIDE RIGHT, ROCK, RECOVER, ¼ RIGHT, FULL TRIPLE TURN RIGHT, SWAY R,L,R , TRIPLE TURN LEFT

- 1-2a Step R to right (long step), Rock L behind right, (a) Recover weight on R [12]
3 Make ¼ turn right stepping L back and point right foot towards 6 in preparation for the turn [3]
4a5 Make 1/4 turn right stepping R foot slightly forward, Make ½ turn right stepping L back, Make ¼ turn stepping R to side and sway hips to right (feet apart) [3]
6-7 Sway hips to left taking weight on L, Sway hips to right (L leg is straight, toes touching floor with heel raised and pointed to 12... Right toes are facing 3 – extended 5th position – look down, your feet should be in an L shape) [3]
8a1 Make a 1/4 turn left stepping L slightly forward, Make ½ turn left stepping R back, Make 3/8 turn left stepping L forward [1.30]

[10-16] ROCK FORWARD, RECOVER, STEP BACK, ROCK BACK, RECOVER, RUN FORWARD, begin FALL AWAY

- 2-3a Rock R forward to diagonal (leading with your chest, left heel raised), Recover weight on L, (a) Step R back [1.30]
4-5 Still on diagonal Rock L back (and look over left shoulder, right toes raised), Recover weight on R [1.30]
a6a Run forward to diagonal stepping L, R, Begin to sweep L toes forward [1.30]
7a8 Step L across right, Make 1/8 turn left stepping R back, Make 1/8 turn left stepping L back and slightly left [10.30]

[17-23] continue FALL AWAY, WEAWE, ROCK BACK, RECOVER, STEP, SPIRAL, DIAGONAL SHUFFLE FORWARD

- a1a2a (a) Sweep R toes out and around, Step R back and slightly behind left, (a) Make 1/8 turn left stepping L to left (now facing 9 o'clock), Step R across left, (a) Step L to left [9]
3-4 Rock R back (opening body to forward right diagonal 10.30, look back over right shoulder left heel is raised), Recover weight on L [10.30]
a5 (a) Run forward on R, Step forward on L and make a full spiral turn right [10.30]
6a7 Diagonal shuffle forward stepping R, L, R [10.30]

[24-32] FALL AWAY 3/8 TURN LEFT, STEP, SPIN, TRIPLE FORWARD, SIDE LEFT, ROCK, RECOVER

- 8a1 Step L across right, (a) Make 1/8 turn left stepping R back and to right, Step L back [9]
2a3 Make 1/8 turn left stepping R behind left, (a) Make 1/8 turn left stepping L to left, Step R forward [6]
4 Step L forward and make a full turn right ending with right foot hitched across left shin (figure 4) [6]
5a6 Triple forward stepping R, L, R
7-8a Step a long step to left, Rock R behind left, (A) Recover weight on L [6]

REPEAT....No Tags ...No Restarts

