

Must Be Tired

COPPER KNOB
BY STEPHENETS

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Adam Åstmar (SWE) - March 2018
音乐: I'm Gonna Be (500 Miles) (Claim Cracker Remix) - David Togni



Intro: 80 Counts, starting on the word 'Wake' (approx. 39 seconds). Feel free to clap your hands to the beat! :)

Sect – 1: R Cross. Walk Back L, R. L Coaster Step. R Step /w L Flick. Step L Back /w R Sweep. Left Weave.

- 1 – 2 (1) Cross RF over LF. (2) Step back on LF.
3 – 4 & (3) Step back on RF. (4) Step back on LF. (&) Close RF next to LF.
5 – 6 (5) Step forward on LF. (6) Step forward on RF and flick LF behind RF.
7 – 8 & 1 (7) Step back on LF and sweep RF from front to back. (8) Step RF behind LF. (&) Step to the left side on LF. (1) Cross RF over LF.

Sect – 2: L Side. R Behind. L Chasse 1 / 4. R Step. 1 / 4 Pivot Left. R Cross Samba 1 / 8 Right.

- 2 – 3 (2) Step to the left side on LF. (3) Step RF behind LF.
4 & 5 (4) Step to the left side on LF. (&) Close RF next to LF. (5) Turn 1 / 4 to the left by stepping forward on LF. {9:00}
6 – 7 (6) Step forward on RF. (7) Turn 1 / 4 to the left placing weight on LF. {6:00}
8 & 1 (8) Cross RF over LF. (&) Step to the left side on LF. (1) Turn 1 / 8 to the right by stepping slightly forward on RF. {7:30}

Sect – 3: Walk Forward L, R. L Shuffle Forward. R Rock Forward. Left Weave & Square Up.

- 2 – 3 (2) Step forward on LF. (3) Step forward on RF.
4 & 5 (4) Step forward on LF. (&) Close RF next to LF. (5) Step forward on LF.
6 – 7 (6) Rock forward on RF. (7) Recover on LF.
8 & 1 (8) Step RF behind LF. (&) Turn 1 / 8 to the left and step to the left side on LF. (1) Cross RF over LF. {6:00}

Sect – 4: L Side Rock. R Recover. L Sailor 1 / 2. Walk 1 / 2 Turn R, L, R.

- 2 – 3 (2) Rock to the left on LF. (3) Recover on RF.
4 & 5 (4) Step LF behind RF. (&) Turn 1 / 2 to the left by stepping RF next to LF. (5) Step forward on LF. {12:00}

- Restart with tag comes here at wall 3, see note below! -

- 6 – 7 – 8 (6) Walk 1 / 2 to the left by stepping forward on RF, LF, RF. {6:00}

Sect – 5: X2 (Diagonal Hop. Hold & Clap. Hop Back In Position. Hold & Clap.) Diagonal Hops Goes Left & Right

- & 1 – 2 (&) Hop Slightly forward to the left diagonal on LF. (1) Finish hop to the diagonal by stepping slightly to the right on RF. (2) Hold & clap. {4:30}
& 3 – 4 (&) Hop back to original position on LF. (3) Finish hop by closing RF next to LF. (4) Hold & clap. {6:00}
& 5 – 6 (&) Hop Slightly forward to the right diagonal on LF. (5) Finish hop to the diagonal by stepping slightly to the right on RF. (6) Hold & clap. {7:30}
& 7 – 8 (&) Hop back to original position on LF. (7) Finish hop by closing RF next to LF. (8) Hold & clap. {6:00}

Sect – 6: X4 (L Chug 1 / 8 to the right). L Jazz Box /w Cross.

- 1 – 4 (1 – 4) Turn 1 / 8 to the right by pushing to the left on LF. Do this 4 times. {12:00}
5 – 6 (5) Cross LF over RF. (6) Step back on RF.
7 – 8 (7) Step slightly to the left side on LF. (8) Cross RF over LF.

Sect – 7: X2 (Diagonal Hop. Hold & Clap. Hop Back In Position. Hold & Clap.) Diagonal Hops Goes Left & Right

- & 1 – 2 (&) Hop Slightly forward to the left diagonal on LF. (1) Finish hop to the diagonal by stepping slightly to the right on RF. (2) Hold & clap. {10:30}
- & 3 – 4 (&) Hop back to original position on LF. (3) Finish hop by closing RF next to LF. (4) Hold & clap. {12:00}
- & 5 – 6 (&) Hop Slightly forward to the right diagonal on LF. (5) Finish hop to the diagonal by stepping slightly to the right on RF. (6) Hold & clap. {1:30}
- & 7 – 8 (&) Hop back to original position on LF. (7) Finish hop by closing RF next to LF. (8) Hold & clap. {12:00}

Sect – 8: X4 (L Chug 1 / 8 to the right). L Jazz Box /w Cross. L Ball Step.

- 1 – 4 (1 – 4) Turn 1 / 8 to the right by pushing to the left on LF. Do this 4 times. {6:00}
- 5 – 6 (5) Cross LF over RF. (6) Step back on RF.
- 7 – 8 & (7) Step slightly to the left side on LF. (8) Cross RF over LF. (&) Step slightly to the left side on ball of LF.

- Restart the dance

NOTE: Tag with Restart comes in section 4, wall 3 after counts 4 & 5.

R Cross. L Side. Left Weave

- 6 – 7 (6) Cross RF over LF. (7) Step to the left side on LF.
- 8 & 1 (8) Step RF behind LF. (&) Step to the left side on LF. (1) Cross RF over LF, restarting the dance.

Have fun dancing this dance! After all, it's what dancing is all about! :)
