

We're All Together

COPPER **KNOB**
BY STEPHEN

拍数: 76 墙数: 2 级数: Phrased Intermediate
编舞者: M.T. Groove (UK) - March 2018
音乐: I Know You (feat. Bastille) - Craig David : (Single)



Sequence: AB CC*(count&7&)* AB CCCC** (count&3&)BCC count8 (ending)..Turn L back to front & finish on word 'stumbling'

PART A = 32

A1: STEP TWIST TWIST SWEEP, CROSS & BACK ROCK, RECOVER SWEEP, TRIPLE 1 ½ TURN SWEEP.

1-2 Step fwd L as you twist upper body L, Return upper body to centre
3-4 Weight fwd on L as you twist upper body L sweeping L fwd, Cross R over L
&5-6 Step bk on L,(&) Rock bk on R (5), Recover fwd on L (6)
7&8 Make ½ turn L step bk on R, Make ½ turn L step fwd R, Make ½ turn L step bk on R as you sweep L from front to bk. (6.00)

A2: STEP LEAN x2 RECOVER, CROSS ½ TURN CROSS SIDE, SWAYS STEP SIDE.

1-2 Step L behind R, L Step R to R side as you lean Body to R, L off floor
3&4 Recover L, Step R to R side as you lean to R, L off floor, Recover L
5-6& Cross R over L, Step bk ¼ turn R on L, ¼ turn R step R to R side (12.00)
7-8&1 Cross L over R, step R to R side as you sway R,L, Step R to R side

A3: BK ROCK BIG SIDE STEP, DRAG BALL STEP, CHASE TURN ROCKS,

2&3 Rock L behind R, Recover R, Step 'big step' L to L side, (12.00)
4&5 Drag R toward L, Step R, L towards L diagonal (10.30) (like you're falling!)
6&7 Step fwd on R, ½ turn pivot L to opposite diagonal (4.30) weight L Rock fwd on R
8&1 Recover L, Step R next to L, Rock fwd on L (still on diagonal)

A4: & ROCK, WALKS x3, CHASE TURN SIDE ROCK, CROSS ROCK.

2&3-4-5 (Still on diagonal) Recover R, Step L next to R, Walk fwd R,L,R
6&7 Step fwd on L, ½ turn pivot R, weight R, Rock L to L side (square up to 12.00)
&8& Recover R, Rock L across R, Recover R (12.00)

PART B = 34 (note during 3rd B, arm circle & pray are much quicker – go with music)

B1: SIDE BACK RECOVER, STEP TOUCH x2, STEP BK SWEEP x2, ARM CIRCLE, PRAY

1-2-3 Step L to L side, Step back on R as you pop L knee fwd, Recover fwd on L
4&5& Step R fwd to R diagonal, Touch L next to R, Step L fwd to L diagonal, Touch R Next to L
6-7 Step bk on R sweep L back, Step bk on L sweep R back
8-1 Take weight on R and circle arms out, up and palms meet at top, bring palms To chest like you are praying (12.00)

B2: BASICS, ARMS UP, CLOSED FIST R,L, CROSS ARM ACROSS CHEST

2&3 Rock bk on L, Recover R, Make ¼ turn R as you step L to L side
4&5 Rock bk on R, Recover L, Make ¼ turn L as you step bk on R
6&7 Rock bk on L, Recover R, Step fwd L as you reach R closed fist up (weights L)
&8 Reach L closed fist up, Bring both arms crossed over across chest (12.00)

B3: STEP TOUCH SIDE, TOE HEEL x2 CROSS, SHOULDER ROCKS, ARM & BODY ROLL x2, STEP BK DRAG, ARM PUSH

1&2 Step R to R side, Touch L next to R, Step L to L side
&3&4 bringing in left foot.....Toe, Heel, Toe, Heel.....finish with L across R
&5 Using shoulders twist upper body to L diagonal, Return to centre

- 6-7 Body roll x2 leading with head with L arm stretched fwd towards L diagonal, Ripple/Snake L arm x2 in time with body roll (weight L)
8 Step back on R dragging in L as you push L arm fwd, fist closes then opens

B4: SAILOR ¼, SAILOR, ROCKING CHAIR, REPLACE KICK, BACK

- 1&2 L sailor ¼ turn R, (3.00)
3&4 R sailor step in place – on count 4 face R diagonal (10.30)
5&6& L rocking chair across R, finish with weight R still facing R diagonal
7-8 Step on L, Kick R fwd,(7) Hitch/Step bk on R as you semi circle R arm from front to back (Rainbow arm)....still facing diagonal

B5: SAILOR 3/8 TURN

- 1&2 L sailor 3/8th turn L – squaring up to home wall (12.00)

PART C = 10 counts

C1: RUN, SIDE LEAN, KNEE POP, REACH PULL, CROSS SIDE SWEEP, BEHIND SIDE CROSS SIDE, BACK ROCK ½ TURN, OUT R,L

- &1&2 Run fwd R,L,R, Step L to L side (L knee bent as you lean L) (12.00)
&3&4 Turn R knee in, out (&3), Reach R arm to R side like your grabbing something(&) ** Pull yourself up from your lean, weight R (4)
&5&6 Cross L over R, Step R to R side, Step L behind R, Sweep R from front to bk
&7&8 Step R behind L, Step L to L side, Cross R over L, (*) Step L to L side
&9&10 Rock bk on R, Recover L, Make ½ turn L as you step out out R,L (6.00)

***Restart after 7& In to A, ** Restart after 3& In to B (take weight on R as you reach)**

Enjoy

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