

Sanctuary

COPPER KNOB
BY SHEETS

拍数: 48 墙数: 4 级数: Phrased Intermediate
编舞者: Sebastiaan Holtland (NL) - March 2018
音乐: Sanctuary - Welshly Arms : (Single - iTunes)



Introduction: 16 counts, start approx. 13 sec.

Sequences: A, B, A, A24, B, A, A16, B, Tag, A, A, A 16 ending.

Part A1. [1-8] Back with Sweep L, Weave R, Recover, Side with ¼ Turn L, Side Press R with Sweep R ¼ Turn L, Syncopated Weave L with Sweep L.

- 1 Step R back and sweep L from front to back (1).
- 2&3 Step L behind R (2), Step R to R (&), Step L across R (3).
- 4&5 Recover back onto R (4), Make ¼ turn L (9.00) step L to L (&), Press R to R (5).
- 6 Recover back onto L and make ¼ Turn L (6.00) and sweep R from back to front (6).
- 7&8 Step R across L (7), Step L to L (&), Step R behind L and sweep L from front to back (8).

Part A2. [9-16] Weave R, Side, Cross, Hip Push R Back, Step Lock Step L with ½ Circle L, Heel Tap R, Replace & Out.

- 1&2&3 Step L behind R (1), Step R to R (&), Step L across R (2), Step R to R (&), Step L across R (3).
- 4 Step R slightly diagonal back and push hips back (4).
- 5&6 ½ Circle L: Step L fwd (5), Lock R behind L (&), Step L fwd (6) squaring up at (12:00)
- 7&8 Tap R heel fwd (7), Step R back in place (&), Step L out to L taking weight onto L (8).

Part A3. [17-24] Arm, Head & Hand Movements with Knee Lift R, Side Rock R & Cross, Back with ¼ Turn R, Out Out (weight change), R Fwd, Hitch L, L Fwd.

- 1 Look up and bring your R up with hand palm in on head high while you holding your L hand in same position as R under chest high (fingers spread) (1).
- 2 Bring your both hands with both fist together on chest high and lift R knee up (2).
- 3&4 Rock R to R (3), Recover back onto L (&), Step R across L (4).
- 5&6 Make ¼ turn R (3.00) step L back (5), Step R out to R (&), Step L out to L taking weight onto L (6).
- 7&8 Step R fwd (7), Hitch L knee up (&), Step L back in place (8).

Part A4. [25-32] Basic Nightclub R, Back with Sweep R ½ Turn R, Sailor Turn R with ¼ Turn L, Sailor Turn L with 1/8 Turn R, Side, Back, L Fwd with 3/8 Turn L, Knee Lift R.

- 1,2& Step R to R and drag L towards R (1), Step L beside R (2), Step R across L (&).
- 3 Make ½ turn R (9.00) and sweep R from front to back (3).
- 4&5 Step R behind L (4), Make ¼ turn L (6.00) step L to L (&), Step R to R (5).
- 6&7 Step L Behind R (6), Make 1/8 turn R (7.30) step R to R (&), Step L to L (7).
- &8& Step R back (&), Make 3/8 turn L (3.00) step L fwd (8), Lift R knee up (&).

Pattern B: 16 counts.

B1. [1-8] Side Rock / Recover, Together, Side with Heel Fan R with ¼ Turn R, Replace / Recover with Sweep R, Small Back with Sweep L, Syncopated Sailor Step L, Together.

- 1,2& Rock R to R (1), Recover back onto R (2), Step R beside L (&).
- 3,4 Make ¼ turn R and step L to L and fan R heel to R while you holding your on the floor (3), Step R back in place and press R fwd (4).
- 5,6 Recover back onto L and sweep R from front to back (5), Step R slightly back and sweep L from front to back (5).
- 7&8& Step L behind R (7), Step R to R (&), Step L to L (8), Step R beside L (&).

B2. [9-16] Step with Sweep R ¼ Turn L, Syncopated Weave L with Sweep L, Behind, Side, Fwd Rock /

Recover with ¼ Turn R with Arm Movement R, Knee Lift L, Step, Together Out.

- 1 Make ¼ turn L step L fwd and sweep R from back to front (1).
2&3 Step R across L (2), Step L to L (&), Step R behind L and sweep L from front to back (3).
4& Step L behind R (4), Step R to R (&).
5,6 Rock L fwd and push your R hand fwd on chest high (5), Make ¼ turn R recover back onto R
and pull R elbow backward with fist to front on chest high and lift L knee up (6).
7&8 Step L fwd (7), Step R beside L (&), Step L out to L weight onto L (8).

(NB: Easy Tag here after above 16 counts, after start again with part A).

TAG:

[1-6] Fwd Rock R / Recover, Side Rock L / Recover, Together, Point R (Note: Dancing the counts 1-6 slowly)

- 1,2& Rock R fwd (1), Recover back onto L (2), Step R beside L (&).
3,4 Rock L to L (3), Recover back onto R (4).
5,6 Step L beside R (5), Point R out to R (6).

REPEAT DANCE AND HAVE FUN!!

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