

In The Clouds

COPPERKNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Hayley Wheatley (UK) - August 2015
音乐: Upside Down - Dean Brody : (CD: Gypsy Road)



Choreographers Note:

This dance has been choreographed without Restarts but there is a slight pause at the end of wall 12. This can be danced through by slowing down the last 4 counts of the dance and ensuring you start the dance again on the word "Up"

Section 1 Cross. Tap. Left Side Rock. Cross. Tap. Right Side Rock.

- 1 – 2 Cross right over left. Tap left behind right.
- 3 – 4 Rock left out to left side. Recover weight on right.
- 5 – 6 Cross left over right. Tap right behind left.
- 7 – 8 Rock right out to right side. Recover weight on left.

Section 2 Right Shuffle. Forward Rock. Walk Back X3. Hitch.

- 1&2 Step right forward. Close left beside right. Step forward on right.
- 3 – 4 Rock forward on left. Recover weight back on right.
- 5 – 6 Walk back on left. Walk back on Right.
- 7 – 8 Walk back on left. Hitch right knee up.

Section 3 Coaster Step. Walk Forward X2. Step. Pivot 1/2 Turn. Forward Shuffle

- 1&2 Step back on right. Step left beside right. Step forward on right.
- 3 – 4 Walk forward on left. Walk forward on right.
- 5 – 6 Step forward on left. Pivot 1/2 turn right.
- 7&8 Step forward on left. Close right beside left. Step forward on left.

Section 4 Heel Switches. Step. Pivot 1/4 Turn. Right Toe Strut. Left Toe Strut.

- 1& Dig right heel forward. Step right beside left.
- 2& Dig left heel forward. Step left beside right.
- 3 – 4 Step forward on right. Pivot 1/4 turn left.
- 5 – 6 Step forward on right toe. Drop heel with weight.
- 7 – 8 Step forward on left toe. Drop heel with weight.

Submitted by Jane Smee: j.smee@yahoo.co.uk