

Breaking My Silence

COPPERKNOB
STEP SHEETS

拍数: 48
编舞者: W3 (UK) - September 2018
音乐: All I Am - Jess Glynne

墙数: 3

级数: High Intermediate



INTRO: 16 COUNTS

Sequence : Wall 1(Repeat S5&S6)TAG Wall 2,3,TAG Wall 4,5(32 Counts),TAG Wall 6,7(16 Counts),TAG

S1: SIDE CROSS ROCK, SIDE SHUFFLE, CROSS ¼ BACK, BACK SHUFFLE

123 Step L to L Side, Cross R over L, Recover weight on L
4&5 Step R to R Side, Close L to R, Step R to R side
67 Cross L over R, ¼ L Stepping back R
8&1 Step back L, Close R to L, Step back L (Facing 9:00)

S2: BACK ROCK, PRESS R, SWEEP R BACK, SWEEP L BACK, SAILOR ¼ L

23 Rock Back R, Recover on L
456 Press R Forward, Step on L & Sweep R behind L, Step on R & Sweep L behind R
7&8 Cross L behind R, Make ¼ L stepping back R, Recover weight on L
(On wall 7 Stay on Back Wall and replace Count 8 with Touch L into TAG for finish)

S3: R LOCK, R LOCK STEP, STEP L, LOCK R BEHIND L, ½ TURN R

12 Step R Forward, Lock L behind R
3&4 Step R Forward, Lock L behind R, Step R Forward
56 Step L Forward, Lock R behind L
78 Swivel ½ Turn R over 2 Counts with Clockwise Hip Rotation (Weight ending on R facing Home wall)

S4: CROSS SIDE CLOSE, CROSS SIDE RECOVER, LRL TAKING ½ L, STEP R

123 Cross L over R, Step R to R Side with 1/8 Turn L, Close L to R
4&5 Cross R over L, Rock L to L Side with 1/8th Turn R, Recover weight on R
6&7 Make ½ Turn L stepping LRL
8 Slight Step back on R
(On Wall 5 Add ¼ Turn L on Count 8 into TAG)

S5: BACK LRL, HOLD, KICK BACK POINT, BEND RECOVER

123 4 Step back L popping R Knee, Step back R popping L Knee, Step back L popping R Knee, Hold
5&6 Kick R Forward, Step Back R, Point L forward
78 Bend Knees, Straighten Knees (Optional Body Pops)

S6: BEND RECOVER, TOUCH ¼ TURN L, KICK OUT OUT, FULL TURN R

12 Bend Knees, Straighten Knees (Optional Body Pops) Ending with weight back on R
34 Touch Back L, ¼ Turn L putting weight onto L
5&6 Kick R Forward, Step R to R Side, Step L to L Side
78 Make Full Turn R, Step R in place

REPEAT S5 & S6 ON 1ST WALL

TAG (On Bass Drops)

S1: SIDE ANCHOR, SIDE BEHIND SIDE, ROCK RECOVER ROCK TURN, ROCK RECOVER ROCK

12& Step L to L Side, Rock Back R, Replace weight on L
34& Step R to R Side, Cross L behind R, Step R to R Side with 1/8 Turn R

5&6& Rock L Forward, Rock back on R, Rock Forward on L, Hitch $\frac{3}{4}$ Turn L
7&8 Rock R Forward, Rock Back on L, Rock Forward on R

S2: L MAMBO, SWEEP BACK, SWEEP SAILOR STEP(ARMS), CLOSE STEP(ARMS), TAP L

1&2 Rock Forward L, Recover on R, Step back on L

&3&4& Sweep R to Side, Step Back R, Sweep L to Side, Cross L behind R, Step R to R Side

5&6 Step L to L Side with $\frac{1}{8}$ Turn R Raising Arms with Palms Up (Counts 56), Close R to L

7&8 Step L to L Side Lowering Arms with Palms Down (Count 78), Tap L In place

Enjoy

Last Update - 30th Oct. 2018

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