

I'm No Saint

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Jonas Dahlgren (SWE) & Sebastiaan Holtland (NL) - October 2018
音乐: The Fix - Adam Agin



Intro 16 counts

Restarts: Wall 2 after 8 counts. Wall 5 after 24 counts.

Tags: Wall 4 after 3 counts: RF cross over LF (4), LF recover (&)

Wall 7 after 16 counts: RF Step R (1), LF Cross over RF (2), RF Step R (3), LF Cross over RF (4)

S1: SIDE LOUNGE, ROTATE UPPER BODY, STEP R,L,R TURNING 3/4 L, SWEEP, CROSS, SIDE, SWEEP, BEHIND, SIDE, HITCH TURN 3/8, ROCK FWD

1-2&3 RF Step R Rotate upper body R (1), Turn 1/4 L, LF Step Fwd (2), Turn 1/4 L, RF Step Fwd (&) Turn 1/4 L, LF Step Fwd, RT sweep back to front (3)
4&5 RF Cross over LF (4), LF Step L (&), RF Cross behind LF, LT sweep front to back (5)
6&7-8 LF Step behind RF (6), RF Step R (&), LF Cross over RF, Hitch RK Turn 3/8 L (10:30) (7), RF Step Fwd (8)

S2: SWEEP,R,L,R TRAVELING BACKWARDS, BEHIND,TURN 1/4 L, LF STEP FWD, RF ROCK FWD, RECOVER, TURN 1/4 L SWAY UPPER BODY R,L,R

1-3 Recover weight LF, RT sweep front to back (1), RF Step back, LT sweep front to back (2), LF step back, RT sweep front to back (3)
4&5 RF Step back (4), Turn 3/8 L, LF Step Fwd (&), RF Step Fwd (5)
6&7 LF Recover (6), RF Step back (&), Turn 1/4 L, LF Step L, Sway L (7)
8& Sway R, Transfer weight to RF (8), Sway L, Transfer weight to LF (&)

S3: HALF BACK DIAMOND, BASIC, SWEEP TURN R, RUN R,L

1-2& RF Step R (1), Turn 1/8 L, LF Step back (2) RF Step Back (&)
3-4& Turn 1/8 L, Step LF L (3), Turn 1/8 L, RF Step Fwd (4) LF Step Fwd (&)
5-6& Turn 1/8 L RF Step R (5), LF Step slightly behind RF (6), RF Cross over LF (&)
7-8& LF Step L, Turn 5/8 R while sweeping RT (4:30)(7), RF Step Fwd (8), LF Step Fwd (&)

S4: ROCKSTEP WHILE BENDING BOTH KNEES,RAISING LA RISE UP SLOWLY, STEP BACK L,R TURN 3/8 L, STEP FWD, CHASE TURN L, TURN 3/4 R ON BF

1-3 Bend both knees RF Step Fwd (1), Slowly straighten both legs, Rise LA with open palm faced upwards (2-3)
4&5 LF Step back (4), RF Step back (&), Turn 3/8 L, LF Step Fwd (5)
6&7 RF Step Fwd (6) Turn 1/2 L, LF Step Together (&) RF Step Fwd (7),
8& LF Step together with equal weight on both feet, Turn 3/4 (8), Transfer Weight to LF, Rotate upper body L (&) (3:00)

We hope you'll enjoy it! :)

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