

The Light In Our Soul

COPPER **KNOB**
STEPSHEETS

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Gordon Elliott (AUS) - July 2008
音乐: The Light In Our Soul - Helena Paparizou



This dance is done in TWO directions. Introduction : Short intro on word "LOVE"
ORIGINAL POSITION: FEET TOGETHER WEIGHT ON THE LEFT FOOT.

ROLLING VINE RIGHT & CLAP, ROLLING VINE LEFT & CLAP

1,2,3,4 Travel Right Turning 360 Degrees Right Rolling Vine Step : R, L, R, Hold & Clap,
5,6,7,8 # Travel Left Turning 360 Degrees Left Rolling Vine Step : L, R, L, Hold & Clap.

FORWARD, HOLD & FORWARD, HOLD, FORWARD, ROCK, COASTER STEP

1, 2 Step R Forward, Hold & Click Fingers,
& 3, 4 Step L Together, Step R Forward, Hold & Click Fingers,
5, 6 Step L Forward, Rock Back Onto R,
7 & 8 ## Coaster : Step L Back, Step R Together, Step L Forward.

PIVOT TURN, PIVOT TURN, FORWARD, ROCK, 1/4 SIDE SHUFFLE

1, 2 Pivot : Step R Forward, Turn 180 Degrees Left Take Weight Onto L,
3, 4 Pivot : Step R Forward, Turn 180 Degrees Left Take Weight Onto L,
5, 6 Step R Forward, Rock Back Onto L,
7 & 8 Turn 90 Degrees Right Side Shuffle To The Right Step : R-L-R.

ACROSS, SIDE, BEHIND, 1/4 FORWARD, PIVOT TURN, FULL TURN TRIPLE

1, 2 Step L Across In Front Of Right, Step R To The Side,
3, 4 Step L Behind Right, Turn 90 Degrees Right Step R Forward,
5, 6 Pivot : Step L Forward, Turn 180 Degrees Right Take Weight Onto R,
7 & 8 Travel Forward Turning 360 Degrees Right Triple Step : L-R-L.

FORWARD, ROCK, SHUFFLE BACK, BACK, ROCK, SHUFFLE FORWARD

1, 2 Step R Forward, Rock Back Onto L,
3 & 4 Shuffle Back Step : R-L-R,
5, 6 Step L Back, Rock Forward Onto R,
7&8 #### Shuffle Forward Step : L-R-L.

Paddle Turn, Paddle Turn, Vaudeville & Vaudeville &

1, 2 Paddle : Step R Forward, Turn 90 Degrees Left Take Weight Onto L,
3, 4 Paddle : Step R Forward, Turn 90 Degrees Left Take Weight Onto L,
5 & Step R Across In Front Of Left, Step L To The Side,
6 & Touch R Heel At 45 Degrees Right, Step R Back,
7 & Step L Across In Front Of Right, Step R To The Side,
8 & Touch L Heel At 45 Degrees Left, Step L Back.

ROCKING CHAIR, JAZZ BOX

1, 2 Rocking Chair : Step R Forward, Rock Back Onto L,
3, 4 Step R Back, Rock Forward Onto L,
5, 6 Jazz Box : Step R Across In Front Of Left, Step L Back,
7, 8 Step R To The Side, Step L Forward.

STOMP, HOLD, STOMP, HOLD, HIP, HIP, HIP, HIP

1, 2 Stomp R To The Side, Hold,
3, 4 Stomp L To The Side, Hold,

5, 6 Push Hips Right, Push Hips Left,
7, 8 Push Hips Right, Push Hips Left.

[64] REPEAT THE DANCE IN NEW DIRECTION

These are REALLY, REALLY EASY to pick in the music (start of verse or chorus each time)

RESTART 1 : On WALL 2 dance to BEAT 8 (#) then RESTART facing the BACK.

RESTART 2 : On WALL 4 dance to BEAT 16 (##) then RESTART facing the FRONT.

RESTART 3 : On WALL 5 dance to BEAT 40 (###) then RESTART facing the FRONT.

RESTART 4 : On WALL 7 dance to BEAT 8 (#) then RESTART facing the BACK.

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