

Nirvana

COPPER KNOB
BY SHEETS

拍数: 32 墙数: 2 级数: Intermediate
编舞者: Val O'Connor (UK) - November 2018
音乐: Nirvana - Adam Lambert : (Album: Trespassing - 4:20)



INTRO: 8 Counts (4 secs)

BACK R, ½ L, WEAVE L, LUNGE L, SWAY R L, & CROSS L SIDE R, BEHIND SIDE CROSS, ROCK R

1-2 Step back on R (sweep L) , ½ L step forward L (sweep R) (6)
3&a4 Cross R over L, (&) L to L side, (a) cross R behind L, lunge L to L side
5-6&a7 Sway R L, (&) step R next to L, (a) cross L over R, long step to R (drag L) (6)
8&a1 L behind R, (&) R to R side, (a) cross L over R, turn 1/8 R rock forward on R (Facing L diagonal 7.30)

L COASTER STEP, FORWARD R, CROSS L BACK R ½ L, SWAY RLR, WEAVE R, SIDE R

2&a3 Step back on L, (&) R next to L, (a) forward L, step forward R
4&a Cross L over R, (&) step back R, (a) ½ L step forward L (1.30)
5-6-7 Sway forward on R, sway back on L, sway forward R
8&a1 1/8 R Cross L over R, (&) R to R side, (a) cross L behind R, step R long step to R (3)

CROSS L, BACK R ¼ L , SIDE L, 1/8 L FORWARD R, RUN LRL, R ROCK, R BACK LOCK STEP, L SAILOR SIDE ROCK

2&a3 Cross L over R, (&) ¼ L step back R, (a) L to L side, 1/8 L step forward on R (10.30)
4&a5 Run forward L, (&) run forward R, (a) run forward L, rock forward on R
6&a7 Recover back on L, (&)step back R, (a) cross lock L over R, step back R (sweep L)
8&a1 1/8 R cross L behind R, (&) R to R side, (a) rock L to L side, recover on R (12)

L ROCK BACK SIDE L, BACK R, ½ L SAILOR, R CROSS ROCK, SIDE R CROSS L , SIDE R, L ROCK BACK SIDE L

2&a3 Rock L behind R, (&) recover on R, (a) L to L side, step back on R (sweep L)
4&a ½ L cross L behind R, (&) R to R side, (a) L to L side (6)
5-6&a Cross rock R over L, recover back on L, (&) R to R side, (a) cross L over R
7-8&a Step R to R side, rock L behind R, (&) recover onto R, (a) step L to L side

Start Again

TAGS: End of walls 1 & 3

Repeat counts 5 to 8&a at end of section 4 then restart from beginning

ENDING WALL 7: To face the front dance up to section 3 counts 4&a5 (no 1/8 turn)