

Be Mine Forever

COPPER KNOB
BY STEPHEN BATES

拍数: 96 墙数: 2 级数: Phrased Easy Intermediate
编舞者: Christine Stewart (NZ) - March 2019
音乐: Be My Forever by Christina Perri & Ed Sheeran 3:20



SEQUENCE: A, B, B, A, B, B, A, a (insert 4 count TAG* after count 20), B, B, A

Intro: 24 counts: (dance starts slightly before the lyrics kick in)
Begin facing 12:00 with weight on Left and Right touched beside Left

PART A: 64 counts

[1 - 8] ROCK FORWARD, RECOVER BACK, BACK KICK, BACK KICK, BACK KICK

1-8 Step/rock forward onto Right, recover back onto Left, step Right back, kick Left forward, step Left back, kick Right forward, step Right back, kick Left forward

[9 - 16] COASTER BACK, HOLD, STEP-LOCK-STEP, HOLD

1-4 Step Left back, step onto Right beside Left, step Left forward, hold
5-8 Step Right forward, cross Left behind Right, step Right forward, hold

[17 - 24] STEP LEFT FORWARD, ¼ PIVOT TURN RIGHT, CROSS, HOLD, ½ TURN LEFT, CROSS, HOLD

1-4 Step Left forward, turn ¼ right on balls of both feet transferring weight onto Right, cross Left over in front of Right, hold*

Insert TAG here after the above 4 counts facing 3:00 during the 4th repetition of PART A then do PART B which will start facing 6:00

5-8 Step Right back and turn ¼ left (12:00), turn ¼ left and step Left sideways left (9:00), cross Right over in front of Left, hold

[25 - 32] SIDE TOUCH, SIDE TOUCH, SIDE TOGETHER, STEP FORWARD, TOUCH

1-4 Step Left sideways left, touch Right beside Left, step Right sideways Right, touch Left beside Right (weight remains on Right)
5-8 Step Left sideways left, step onto Right beside Left, step Left forward, touch Right beside Left

[33 - 40] SIDE TOUCH, SIDE TOUCH, SIDE TOGETHER, BACK, HOLD

1-4 Step Right sideways right, touch Left beside Right, step Left sideways left, touch Right beside Left (weight remains on Left)
5-8 Step Right sideways right, step onto Left beside Right, step Right back, hold

[41 - 48] SIDE TOGETHER, ¼ TURN LEFT, HOLD, STEP BACK, ½ TURN LEFT, STEP FORWARD, HOLD

1-4 Step Left sideways left, step onto Right beside Left, turn ¼ left and step Left forward (6:00), hold
5-8 Step Right back, turn ½ left and step Left forward, step forward onto Right, hold (12:00)

[49 - 56] ROCK FORWARD, RECOVER BACK, STEP BACK, HOLD, ROCK BACK, RECOVER FORWARD, STEP FORWARD, HOLD

1-4 Step/rock Left forward, recover back onto Right, step Left back, hold
5-8 Step/rock Right back, recover forward onto Left, step Right forward, hold

[57 - 64] V STEP (WITH HOLDS), TOUCH, HOLD

1-4 Step Left forward and slightly to left diagonal (45 deg), hold, step Right forward and slightly to Right diagonal (45 deg) (feet should be about shoulder width apart), hold
5-8 Step Left foot back to centre, hold, touch Right beside Left, hold (12:00)

TAG* Insert TAG, facing 3:00, after completing counts 17 - 20 during the 4th repetition of PART A then do PART B which will start facing 6:00

[1 – 4] ¼ TURN LEFT, ½ TURN LEFT, RUN FORWARD

- 1-2 Turn ¼ left and step Right back (12:00), turn ½ left and step Left forward (6:00)
3-4 "Run" forward with Right, then with Left then do Part B twice

PART B: 32 counts

[1 – 8] STEP FORWARD, TOUCH, STEP BACK, TOUCH, STEP BACK, TOUCH, STEP FORWARD, TOUCH (i.e. "K" step)

- 1-4 Step Right forward on right diagonal, touch Left beside Right, step Left diagonally back, touch Right beside Left (approx 1:00)
5-8 Step Right back on right diagonal, touch Left beside Right, step Left forward on left diagonal, touch Right beside Left

[9 – 16] GRAPEVINE RIGHT, TOUCH, GRAPEVINE LEFT WITH ¼ TURN LEFT, BRUSH

- 1-4 Step Right sideways right, step/cross Left behind Right, step Right sideways right, touch Left beside Right
5-8 Step Left sideways left, step/cross Right behind Left, turn ¼ left and step Left forward (9:00), brush Right forward

[17 – 24] ROCKING CHAIR, ¼ PIVOT LEFT, ¼ PIVOT LEFT

- 1-4 Step/rock Right forward, recover back onto Left, step/rock Right back, recover forward onto Left
5-6 Step Right forward, turn ¼ left on balls of both feet transferring weight onto Left (6:00)
7-8 Step Right forward, turn ¼ left on balls of both feet transferring weight onto Left (3:00)

[25 – 32] JAZZ BOX WITH STRUTS

- 1-2 Cross ball of Right over in front of Left, lower Right heel to the floor
3-4 Step Left back on ball of foot, lower Left heel to the floor
5-6 Step Right to right side on ball of foot, lower Right heel to the floor
7-8 Step Left forward slightly on ball of foot, lower Left heel to the floor

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