

High Hopes

COPPER KNOB
STEPPERS

拍数: 50 墙数: 2 级数: Improver
编舞者: Ron Tate (UK) - April 2019
音乐: Better Than Today - Don Williams : (CD: And So It Goes - iTunes & Amazon)



Count in: Dance starts on vocals

Tags/Restarts: 1 Restart during Wall 2 after count 24 facing 6 o'clock

S1: Walk Forward, Shuffle, Mambo, Sweep Back (x2)

1 - 2 Walk Forward (R), Walk Forward (L)
3 & 4 Step Forward (R), Step (L) Next To (R), Step Forward (R)
5 & 6 Rock Forward (L), Rock Back (R), Step (L) Next To (R)
7 - 8 Sweep (R) Back Behind (L), Sweep (L) Back Behind (R)

S2: Coaster, Shuffle, Touch, Step Back, Sailor Turn

1 & 2 Step Back (R), Step (L) Next To (R), Step Forward (R)
3 & 4 Step Forward (L), Step (R) Next To (L), Step Forward (L)
5 - 6 Touch (R) Toe Forward, Sweep (R) Behind (L) & Stepping Back (R)
7 & 8 Cross (L) Behind (R) Making ¼ Turn (L), Step (R) To Side, Step (L) In Place - 9 O'clock

S3: Step, Turn, Cross, ¼ Turn, ¼ Turn, Cross, Side Rocks Cross (x2)

1 & 2 Step Forward (R), ¼ Turn (L), Cross (R) Over (L) 6 O'clock
3 & 4 Make A ¼ Turn (R) Stepping Back (L), Make A ¼ Turn (R) Stepping (R) To Side, Cross (L) Over (R) 12 O'clock
5 & 6 Side Rock (R), Side Rock (L), Cross (R) Over (L)

Nb. The Dance Ends At This Point Facing The 12 O'clock Wall

7 & 8 Side Rock (L), Side Rock (R), Cross (L) Over (R)

Restart: During Wall 2 Facing 6 O'clock

S4: ¼ Turn, ¼ Turn, Cross Mambo (x2), Step, Turn

1 Make A ¼ Turn (L) Stepping Back (R) 9 O'clock
2 Make A ¼ Turn (L) Stepping (L) To Side 6 O'clock
3 & 4 Cross Rock (R) over (L), Rock Back (L), Step (R) to SIDE
5 & 6 Cross Rock (L) over (R), Rock Back (R), Step (L) to SIDE
7 - 8 Step Forward (R), Pivot ½ Turn (L) 12 O'clock

S5: Shuffle, ½ Turn, ½ Turn (or 2x Walks), Shuffle Turn, Coaster

1 & 2 Step Forward (R), Step (L) Next To (R), Step Forward (R)
3 Make A ½ Turn (R) Stepping Back (L) 6 O'clock
4 Make A ½ Turn (R) Stepping Forward (R) 12 O'clock

Easier Option: Walk Forward (L), Walk Forward (R)

5 & 6 Shuffle ½ Turn (R) Stepping (L R L) 6 O'clock
7 & 8 Step Back (R), Step (L) Next To (R), Step Forward (R)

S6: Cross, Back, Turn, Cross Shuffle, Toe Touches (Out-In-Out), Behind, Turn, Step, Toe Touches (Out-In-Out)

1 & 2 Cross (L) Over (R), Step Back (R), Turn ¼ (L) Stepping (L) To Side 3 O'clock
3 & 4 Cross (R) Over (L), Step (L) To Side, Cross (R) Over (L)
5 & 6 Touch (L) Toe To Side, Touch (L) Toe Next To (R), Touch (L) Toe To Side
7 & 8 Cross (L) Behind (R), Make A ¼ Turn (R) Stepping (R) To Side, Step Forward (L) 6 O'clock

1 & 2 Touch (R) Toe To Side, Touch (R) Toe Next To (L), Touch (R) Toe To Side

REPEAT STEPS

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