

My Alaska

COPPER KNOB
BY SHEPHERD

拍数: 128 墙数: 2 级数: Intermediate
编舞者: Karen Raines (AUS) - January 2019
音乐: Alaska - Maggie Rogers



#16 count intro

S1: Walk forward left right, 1/8 side cross side, back, back, 1/8 side, step forward left sweep right

123&4 Walk forward left, forward right, step 1/8 on left 1.30 cross right over left, step left to the side
56&78 Walk back right, left, step right 1/8 3oclock, step forward on left, sweep right

S2: Walk forward right left, 1/8 side cross side, back left sweep right behind, step 1/8 on left, forward right spiral, step on left

123&4 Walk forward right, forward left, step 1/8 on right 1.30, cross left over right, step right to the side
56&78 Step back on left sweep right, step right behind left, step 1/8 on left 12oclock, step forward right, spiral, step on left sweeping right

S3: Cross right over left, step 1/4 back on left, step 1/4 right, cross left over right, point right to the side, drag back next to left, step 1/4 on right, 3/4 pencil turn

1234 Cross right over left, step 1/4 back on left 3oclock, step 1/4 on right 6oclock, cross left over right
5678 Point right to the side, drag right up to left, step 1/4 right 9oclock, 3/4 pencil turn on right 6oclock

S4: Step left to the side, behind side cross, 1/4 back, 1/2, forward left, tap right beside left

1234 Step left to the side, step right behind left, step left to the side, cross right over left
5678 Step 1/4 back on left 9oclock, step 1/2 on right 3oclock, step forward on left, tap right next to left

S5: Step back right drag left, step back left drag right, step back right drag left, step back left, step 1/2 on right

1234 Step back on right, drag left beside right, step back on left, drag right beside left
5678 Step back on right, drag left beside right, step back on left, step 1/2 on right 9oclock

S6: Forward left, hold , forward right, 1/2 pivot, forward right spiral, step forward left, forward right spiral , step left sweeping right

1234 Step forward on left, hold ,step forward on right, 1/2 pivot 3oclock
5678 Step forward on right, full spiral, step left, step forward on right, full spiral, step left sweeping right

S7: Cross right over left, 1/4 back, 1/4 side, cross left over right, side rock , replace left, cross right over left, 1/4 back

1234 Cross right over left, step 1/4 back on left 6oclock, step 1/4 on right 9oclock, cross left over right
5678 Side rock on right replace left, cross right over left, step 1/4 back on left 12oclock

S8: Step 1/4 right, cross left over right, side rock recover, cross, 1/4 back, 1/4 side, tap left next to right

1234 Step 1/4 on right 3oclock, cross left over right, side rock on right, replace left,
5678 Cross right over left, 1/4 back on left 6oclock, 1/4 step on right 9oclock, tap left next to right

S9: Step left to the side, right beside left ,step left back, 1/4 rock, recover, behind, 1/4 ,forward right, full spiral, step left

1234 Step left to the side, step right beside left ,step back on left, 1/4 step on right 12oclock
56&78 Replace left, step right behind left, step 1/4 on left 9oclock, step on right full spiral, step on left

S10: Step forward right, sweep left, forward left, sweep right, forward right, rock forward left, replace right, back left, 1/4 right

1234 Step forward on right, sweep left, step forward on left, sweep right

5678& Step forward on right, rock forward on left, replace right, step back on left, step $\frac{1}{4}$ on right 12oclock

S11: Step left to the side, right beside left, step left back, $\frac{1}{4}$ right, cross left over right, rock right to the side, $\frac{1}{4}$ step left, forward right spiral, step left

1234 Step left to the side, step right beside left, step left back, step $\frac{1}{4}$ on right 3oclock

56&78 Cross left over right, side rock on right, $\frac{1}{4}$ step on left 12oclock, step forward right, full spiral step on left

S12: Step forward right, sweep left, forward left, sweep right, forward right, rock forward left, replace right., back left, $\frac{1}{4}$ right

1234 Step forward on right, sweep left, step forward on left, sweep right

5678& Step forward on right, rock forward on left, replace right, step back on left, step $\frac{1}{4}$ on right 3oclock (same steps as S10)

S13: Step left to the side, right beside left, step left back, $\frac{1}{4}$ right, cross left over right, point right to the side, replace next to left, $\frac{1}{2}$ point left to the side (1/2 Monterey)

1234 Step left to the side, step right beside left, step left back, step $\frac{1}{4}$ on right 6oclock

5678 Cross left over right, point right to the side, drag right next to left, $\frac{1}{2}$ point left to the side 12oclock

S14: Cross left over right, step $\frac{1}{4}$ back on right, $\frac{1}{2}$ on left, $\frac{1}{4}$ side rock recover cross, $\frac{1}{4}$ back on left, $\frac{1}{2}$ on right

1234 Cross left over right, step $\frac{1}{4}$ back on right 9oclock, step $\frac{1}{2}$ on left 3oclock, $\frac{1}{4}$ side rock on right 12oclock

5678 Replace left, cross right over left, $\frac{1}{4}$ back on left 3oclock, $\frac{1}{2}$ on right 9oclock

Wall 2 do S13 & S14 3 times then continue dance

S15: Step left to the side, step right beside left, step left back, $\frac{1}{4}$ right, cross left over right, point right to the side, replace next to left, $\frac{1}{2}$ point left to the side (1/2 monterey)

1234 Step left to the side, step right beside left, step left back, step $\frac{1}{4}$ on right 12oclock

5678 Cross left over right, point right to the side, drag right next to left, $\frac{1}{2}$ point left to the side ($\frac{1}{2}$ monterey) 6oclock

S16: Cross left over right, step $\frac{1}{4}$ back on right, $\frac{1}{2}$ on left, $\frac{1}{4}$ side rock, recover, cross, step left to the side, step right next to left, restart dance

1234 Cross left over right, step $\frac{1}{4}$ back on right 3oclock, step $\frac{1}{2}$ on left 9oclock, $\frac{1}{4}$ side rock on right 6oclock,

5678 Replace left, cross right over left, step left to the side, step right beside left. Restart dance

Dance finishes on count 16

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