

# 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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