

One Kingdom

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: Advanced, Contemporary Smooth
编舞者: Jenny Stevenson (UK) & Paul James (UK) - April 2019
音乐: Kingdom of One - Maren Morris : (iTunes)



Restart 1 – Wall 2. Restart 2 – Wall 4. Restart 3 – Wall 6. Restart 4 – Wall 8.

Tag is at the end of Wall 9.

Count In – 15 counts – *The dance starts 8&*

[1-8] Run B x2, Point, ¼ Turn, ¼ Sweep, Cross, Side, Rock Recover, ½ Turn, Side, Cross.

8& *Step back R foot (8) Step back L foot (&)
1,2,3 Point R toe back (1) Make ¼ turn R, weight on R foot (2) Make ¼ turn L sweeping R foot
 from back to front (3)
4&5 Cross R foot over L (4) Step L foot to L (&) Rock R foot behind L, angle body to face 1:00
 Styling option – Lift L leg whilst rocking back (5)
6,7 Recover weight onto L foot (6) Step onto R foot making ½ turn over L shoulder (7)
8& Step L foot to L (8) *Restart 3 here on Wall 6, Pointing R toe back* Cross R foot over L (&)

[9-16] Body Sways, Leg Raise, ¼ Step, ¼ Turn, Cross & Cross, ¼ Turn, ½ Turn.

1,2& Step L to L as you sway body to L (1) Sway body R (2) Sway body L (3)
3,4 Sway body R (3) Recover weight onto L foot & lift your R leg up - lateral and small lift (4)
5& Make ¼ turn L stepping R foot forward (5) Make ¼ turn left recovering weight onto L foot (&)
6&7 Make ¼ turn R crossing R foot over L (6) Step L foot to L (&) Cross R foot over L (7)

Restart 2 & 4 here on Walls 4 & 8, Making a step change for count 8 –Step L foot to L side. Start the dance again pointing R toe back on 1.

8& Make ¼ turn L stepping forward on L foot (8) Make ½ turn L stepping back on R foot (&)

[17-25] ¼ Turn, Rock ¼ Turn, Sweeps x2, Cross & Slow Unwind Spiral ¾, Side, Runs x3 on ¼ Turn/Curve.

1,2&3 Make ¼ turn L stepping L foot to L (1) Rock R foot behind L (2) Cross L foot over R (&) Make
 ¼ turn R stepping forward on R, sweeping L foot from back to front (3)
4,5,6 Step onto L foot sweeping R foot from back to front (4) Cross R foot over L (5) Slow unwind a
 ¾ turn over L shoulder, spiral the L leg (6)
7 Step L foot to L side (7)

***Restart 1 here on Wall 2 – Run back R,L for 8&**

8&1 Step R foot forward (8) Make 1/8 turn R stepping L foot forward (&) Make 1/8 turn R stepping
 R foot forward (1)

[26-32] Walk, Step, ¼ Look x2, ¼ Turn Flick, Step, Full Turn with Drag – *Run B x2.

2,3 Walk forward L foot (2) Step R foot forward (3)
&4 With the weight on both feet, make ¼ turn L and Twist/Look over L shoulder (&) Twist/Look
 over R shoulder (4)
5,6 Make ¼ turn L stepping forward on L foot, flicking R foot back (5) Step forward R foot (6)
7 Make a full turn over the L shoulder, weight on L foot whilst dragging the R foot around (7)

***8& *Run back R,L to start the dance again (8&)**

Tag: Sweep, Behind Side, Cross Rock x2, Hitch, Run B x2.

1,2& Step R foot in place sweeping L foot from front to back (1) Cross L foot behind R (2) Step R
 foot to R side (&)
3&4 Cross rock L foot over R (3) Recover onto R foot (&) Step L foot to L (4)
&5 Cross rock R foot over L (&) Recover onto L foot, hitching R knee (5)
6& Run back R,L (6&)

***Point R toe back to start the dance again.**

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Happy Dancing
