

Down To The Roots

COPPER KNOB
BY STEPHENETS

拍数: 64 墙数: 4 级数: Phrased Advanced
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音乐: Down to the Roots (The Launch Season 2) - Saveria : (Single)



#16 count intro - Sequence: A - B - Tag - A - B - Tag - B - Tag - B - B

Pattern A: 32 counts

[1-8] BALL, CROSS, UNWIND, SIDE, BEHIND, SIDE, CROSS w/SWEEP, CROSS, ¼ BACK, ¼ FWD, ½ BACK

- &1-2-3 (&) Step ball of R to right; 1) Step L across R; 2) Unwind full turn right transferring weight to R; 3) Step L to left [12:00]
- 4&5-6 4) Step R behind L; &) Step L to left; 5) Step R across L sweeping L forward; 6) Step L across R [12:00]
- 7-8& 7) Turn ¼ left stepping R back; 8) Turn ¼ left stepping L forward; &) Turn ½ left stepping R back [12:00]

[9-16] SMOOTHLY RIDE THE PONY, BEHIND w/SWEEP, BEHIND, ¼ FWD, STEP, PIVOT, SIDE ROCK, RECOVER, CROSS, SIDE

- 1&2& 1) Step ball of L to left, shoulder width from R, knees slightly bent, pushing ribs left; &) Push ribs right transferring weight to ball of R; 2) Push ribs left transferring weight to ball of L; &) Step onto R; Note: Counts 1&2& Should be done on the spot.
- 3 3) Step ball of L behind R sweeping R front to back
- 4&5-6 4) Step R behind L; &) Turn ¼ left stepping L forward; 5) Step R forward; 6) Turn ½ left taking weight on L [3:00]
- 7&8& 7) Rock ball of R to right; &) Recover to L; 8) Step R across L; &) Step L to left

[17-24] BEHIND w/LIFT, BEHIND, COASTER, ROTATE, COLLECT, FORWARD, FORWARD, BACK

- 1-2-3&4 1) Step R behind L lifting L knee; 2) Step L behind R; 3) Step R back; &) Step L beside R; 4) Step R forward in front of L
- 5 5) Keeping feet in place with knees straight, rotate body 3/8 left pushing weight over R [11:00]
- 6 6) Rotate body ¼ right transferring weight to L as you draw R next to L finally taking weight on R [1:00]
- 7&8 7) Step L forward; &) Step R a small step forward squaring up to 12 o'clock; 8) Step L back [12:00]

[25-32] TRIPLE IN PLACE w/HIPS 2X, BACK ROCK, RECOVER, SIDE ROCK, RECOVER, STEP, PIVOT, ¼ POINT

- 1&2 1) Step R back; &) Transfer weight forward slightly onto ball of L; 2) Recover to R (1&2 - Hips move smoothly back-fwd-back)
- 3&4 3) Step L back; &) Transfer weight forward slightly onto ball of R; 4) Recover to L (3&4 - Hips move smoothly back-fwd-back)
- 5&6& 5) Rock R back; &) Recover to L; 6) Rock R to right; &) Recover to L
- 7&8 7) Step R forward; &) Turn ½ left taking weight on L; 8) Turn ¼ left pointing R to right [3:00]

Pattern B: 32 counts

[1-8] RUN, 3X, HITCH, BACK 3X, BACK PADDLE w/SHOULDER ROLL 2X, BEHIND, ¼ FORWARD, FORWARD

- 1&2&3&4 1&2) Run forward R-L-R; &) Hitch L; 3&4) Back L-R-L
- 5&6& 5) Keeping L in place, turn 1/8 right stepping R to right while rolling R shoulder back; &) Transfer weight to L; 6&) Repeat counts 5& [6:00]
- 7&8 7) Step R behind L; &) Turn ¼ left stepping L forward; 8) Step R forward [3:00]

[9-16] PIVOT, ½ BACK, BACK w/DRAG, COASTER, SHIMMY w/SNAP, DIP, CLOSE

- 1&2 1) Turn ½ left taking weight on L; &) Turn ½ left stepping R back; 2) Big step L back dragging R heel [3:00]
- 3&4 3) Step R back; &) Step L beside R; 4) Step R forward
- 5&6 5) Step L to left pushing R shoulder forward; &) Push R shoulder forward again; 6) Snap L fingers up lifting R foot out to right
- 7-8 7) Step R to right dipping down with hands on knees (sumo wrestler); 8) Stand up stepping L beside R

[17-24] FWD w/CLAP/BRUSH, ½ w/CLAP/BRUSH, RUN 3X, ½ BOUNCE w/KICK, FWD, FWD, ½ BACK, ¼ BIG STEP w/DRAG

- 1&2 1) Bringing hands chest level step R fwd clap/brush R hand fwd against L hand; &2) Keeping weight on R gradually turn ½ left as you clap/brush R hand back against L hand and then clap/brush R hand fwd against L hand [9:00]
- 3&4 3) Run L fwd crossing hands in front of pelvis with fingers pointing down; &) Run R fwd bringing hands out beside hips palms facing fwd; 4) Run L fwd bringing hands up beside ears palms up, forearms facing forward, fingers pointing back
- 5&6 5) Keeping weight on L turn ¼ right bouncing heels and pushing palms up; &) Repeat count 5; 6) Kick R fwd [3:00]
- &7&8 (&) Step R forward; 7) Step L fwd toe out; &) Turn ½ left stepping R back; 8) Turn ¼ left stepping L big to left dragging R [6:00]

[25-32] CROSS, BACK, SIDE, CROSS TRIPLE, SIDE TOGETHER SIDE, TOUCH, SIDE w/SNAKE, TOUCH

- 1&2-3&4 1) Step R across L; &) Step L back; 2) Step R to right; 3) Step L across R; &) Step ball of R to right; 4) Step L across R
- 5&6& 5) With knees relaxed step R to right opening knees; &) Step L beside R closing knees; 6) Repeat count 5; &) Touch L beside R
- 7-8 7) Step L to left (style with snake left); 8) Touch R beside L [6:00]

Tag: 1st Tag = 1-8 below facing [6:00] ~ 2nd Tag = 1-4 below facing [12:00] ~ 3rd Tag = 5-8 below facing [3:00]

[1-8] SIDE TOGETHER SIDE, , TOUCH, SIDE w/SNAKE, TOUCH, WALK AROUND

- 1-4 1-4) Repeat counts 29-32 of Pattern B
- 5-8 5) Turn ¼ right stepping R fwd; 6) Turn ¼ right stepping L fwd; 7) Turn ¼ right stepping R fwd; 8) Turn ¼ right stepping L fwd

Ending: End on 20 of Pattern B facing [12:00]. Replace count 20 with: Lunge L fwd w/hands in front of face opening hands like curtains.

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