

With or Without You

COPPER **KNOB**
BY SHEETS

拍数: 32 墙数: 4 级数: Improver
编舞者: Laura Gordon (USA) - May 2019
音乐: Tearin' Up My Heart - *NSYNC



Count In: 48 Counts with Lyrics "Baby I don't"

Notes:

One Restart after 16 counts on wall 4 facing 9:00 - Restart facing 6:00

[1 – 8] R Point Fwd and Back, R Step and Touch, L Point Back and Hitch, L Back Step and Touch

1 2 R Point Fwd (1) R Point back (2) 12:00
3 4 R Big Step Fwd (3) Bring L next to R and touch (4) 12:00
5 6 L Point Back (5) L Bring Fwd and bring L Knee up slightly bent(6) 12:00
7 8 L Big Step back (7) Bring R next to L and touch (8) 12:00

[9 – 16] R Cross, L Point, ¼ L Turn with L Step Back, R Step Back, Body Roll, Ball Step, Hold, Hip Bump

1 2 Cross R over L (1) Point L to Side (2) 12:00
3 4 ¼ L Turn while Stepping L Back (3) Step R back (4) 9:00
5 & 6 Begin rolling your body from Top to Bottom(5) while Step on Ball of L (&) and Step back on R (6) 9:00
7 & 8 Hold (7), Bump hips R while twist heel out(&) Return hips to center while return heel to center (8) 9:00

Easy Opt Instead of body roll, ball step. You can simply Step back on L (5) Step back on R (6) Hip bump up (7) and Back (8)

* Restart happens here on wall 4 after 16 counts finish facing 6:00

[17 – 24] Out x 2, Knee dip R and L, Open Contract Knees

1 2 Step R out to the R side (1) Step L out to the L side (2) 9:00
3 4 Knee Dip R, while bringing hand flat palms facing down by waist (3) Knee Dip L, while bringing hand flat palms facing down by waist over R hand (4) 9:00
5 6 Open knees with hands away from each other to the side (5) Close Knees in and bring hands together (6) 9:00
7 8 Open knees with hands away from each other to the side (7) Close Knees in and bring hands together (8) 9:00

[25 – 32] Step Fwd, R ¼ turn, Run, Big Side Step Touches R and L

1 2 Step Fwd on L (1) Pivot R ¼ turn with step down with the R (2) 12:00
3 & 4 Quick Run on L with ¼ turn(3) quick step on R (&) Quick step on L (4) 3:00
5 6 Big side step to the R with Optional L arm style (5) Touch L next to R (6) 3:00
7 8 Big side step to the L with Optional R arm style (7) Touch R next to L (8) 3:00

[Styling] Arm style, think like you are trying to get something out of your way while grabbing something in front of you. Ball fist hold out arm in front of your chest and drag out to opposite side of where you are traveling

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