

Together In This

COPPER KNOB
BY STEPHEN HETS

拍数: 32 墙数: 4 级数: Improver
编舞者: Lynne Herman (USA) & David Herman (USA) - July 2020
音乐: Together In This (From The Jungle Beat Motion Picture) - Natasha Bedingfield



INTRO: 16 counts

NO TAGS, NO RESTARTS

ALTERNATE MUSIC: For a little faster challenge, try this to "What A Man Gotta Do" (113 BPM). Good for split-floor!

We (using the Julia Wetzel dance structure) start the dance after a 24-count intro. On Wall 5, in preparation for a Restart after 16 counts, modify the Crossing Shuffle to a simple Cross.

Then Restart.

S1: CROSS SIDE-ROCK SIDE x2, FORWARD MAMBO, BACK LOCK STEP

1&2 Cross RF in front of LF (1); rock LF to left side (&); recover weight to RF (2)
3&4 Cross LF in front of RF (3); rock RF to right side (&); recover weight to LF (4)
5&6 Rock RF forward (5); recover weight to LF (&); step RF back (6)
7&8 Turning hips slightly to left, step LF back (7); cross RF in front of LF (&); step LF back (8)

NOTE: For higher difficulty, feel free to substitute two real Cross-Sambas as counts 1a2 3a4

S2: BACK COASTER, FORWARD LOCK STEP, SYNC JAZZ TURN RIGHT, CROSSING SHUFFLE

1&2 Step RF back (1); step LF beside RF (&); step RF forward (2)
3&4 Turning hips slightly right, step LF forward (3); step RF behind LF (&); step LF forward (4)
5&6 Cross RF in front of LF (5); turning ¼ right, step LF back (6); step RF to right side (&) (3:00)
7&8 Cross LF in front of RF (7); step RF behind LF (&); cross LF in front of RF (8)

S3: (COMBINATION x2) SIDE ROCK, RECOVER, BEHIND SIDE CROSS

12 Rock RF to right side (1); recover weight to LF (2)
3&4 Cross RF behind LF (3); step LF to left side (&); cross RF in front of LF (4)
56 Rock LF to left side (5); recover weight to RF (6)
7&8 Cross LF behind RF (7); step RF to right side (&); cross LF in front of RF (8)

S4: LONG STEP RIGHT, HOLD, BALL WALK WALK, ¼ HIP CIRCLE TURN LEFT x2

12 Long step RF right (1); hold (2)
&34 Step LF beside RF (&); step RF toward left diagonal (3); step LF toward left diagonal (4) (1:30-ish)
5 Step RF forward, begin counter-clockwise (CCW) hip circle (5)
6 Complete CCW hip circle while turning slightly left and returning weight to LF (6)(12:00)
7 Step RF forward, begin counter-clockwise (CCW) hip circle (7)
8 Complete CCW hip circle while turning ¼ left and returning weight to LF (8)(9:00)

NOTE: For higher difficulty, replace the 2nd hip circle ¼ turn with a full turn (1/2-1/2) left, sweeping your RF across to restart the dance.

DANCE ENDING: Like finishing on the front wall? After 16 counts of Wall #9 (crossing shuffle), turn left to 12:00 while stepping RF back toward 6:00.

CONTACT:

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