

My Sarah Jane

COPPER KNOB
BY STEPHEN HETS

拍数: 46 墙数: 2 级数: Intermediate
编舞者: Melissa Lau (NZ) - October 2020
音乐: Sarah Jane - Nathan Carter



Dance begins on vocals after 22 counts

CROSS ROCK-RECOVER, SIDE ROCK-RECOVER, BEHIND, ¼, ½, COASTER, FWD LOCK-STEP

1&2& Rock R across L, recover weight on L, rock R to side, recover weight on L (12:00)
3&4 Step R behind L, ¼ turn left stepping L fwd (9:00), ½ turn left stepping R back (3:00)
5&6 Step L back, step R next to L, step L fwd
7&8 Step R fwd, step L crossed behind R, step R fwd

CROSS ROCK-RECOVER, SIDE ROCK-RECOVER, BEHIND, ¼, ½, COASTER, FWD LOCK-STEP

1&2& Rock L across R, recover weight on R, rock L to side, recover on R
3&4 Step L behind R, ¼ turn right stepping R fwd (6:00), ½ turn right stepping L back (12:00)
5&6 Step R back, step L next to R, step R fwd
7&8 Step L fwd, step R crossed behind L, step L fwd

FWD, TOUCH, BACK, TOUCH, ½ TURN SHUFFLE, FWD, TOUCH, BACK, ¼ LEFT SAILOR

1&2& Step R fwd, tap L toe next to R, step L back, tap R toe next to L
3&4 Turn ½ right stepping R fwd, step L next to R, step R slightly fwd (6:00)
5&6 Step L fwd, tap R toe next to L, step R back
7&8 Swing/step L behind R turning ¼ left (3:00), step R to side, step L to side

EXTENDED WEAWE-TOUCH, LEFT 'HEEL JACKS'

1&2&3&4 Cross R over L, step L to side, step R behind L, step L to side, cross R over L, step L to side, tap R toe next to L
&5&6 Step R diagonal back, tap L heel diagonal fwd, step L into centre, touch R beside L
&7&8 Step R diagonal back, tap L heel diagonal fwd, step L into centre, touch R beside L

VAUDEVILLE, ¼ TURNING VAUDEVILLE, BACK LOCK-STEP, LEFT FULL TURN TRIPLE STEP

&1&2 Step R diagonal back, cross L over R, step R diagonal back turning body diagonal left, touch L heel diagonal fwd left
&3&4 Step L diagonal back, cross R over L, turn ¼ right stepping L diagonal back with body turned diagonal right, touch R heel diagonal fwd right (6:00)
5&6 Step R back, step L back crossed over R, step R back
7&8 Full turn left triple step on the spot, stepping L-R-L (or Coaster step - no turn)

SIDE ROCK-FWD, CROSS, SIDE, BACK, BACK ROCK-KICK, RECOVER

1&2 Rock R out to side, recover weight on L, step R fwd
3, 4, 5, Cross L over R, step R to side, step L back
6& Jump back on R kicking L fwd, step L in place

* RESTART: on wall 2 after 16 counts, add 2-count Tag (facing 6 o'clock)

ROCKING CHAIR

1&2& Rock R fwd, recover weight on L, rock R back, recover weight on L

* TAG: 2-count Tag at the end of wall 4 (facing 6 o'clock)

ROCKING CHAIR

1&2& Rock R fwd, recover weight on L, rock R back, recover weight on L

* ENDING: on last wall, dance up to 28 counts (turn ¼ right on count 28 to finish at the front)

