

Harmony

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Advanced
编舞者: Hiroko Carlsson (AUS) - November 2020
音乐: Harmony - Felix Cartal : (iTunes / Spotify)



(32 count intro / Dance starts on lyrics)

[S1] Cross, Side, L Toe Fan Rock x2, R Toe Fan Rock, Hold, R Toe Fan Rock x2

1 2 Cross R over L, Step L to the side (slightly dig L heel on the floor)
3&4 Fan L toes out to the left/touch back on R toes to get balance, Recover on L heel/L toes to the centre, Fan L toes out to the left/touch back on R toes to get balance
&5 6 Hop on R to the side (slightly dig R heel on the floor), Fan R toes out to the right/touch back on L toes to get balance, Hold (6)
&7 Recover on R heel/R toes to the centre, Fan R toes out to the right/ touch back on L toes to get balance
&8 Recover on R heel/R toes to the centre, Fan R toes out to the right/ touch back on L toes to get balance

[S2] Side-Touch, Hold, 2x Side-Touch 1/4R Turn, Side-Together-Side-Touch, Side Rock, Cross Rock

&1 2 Step L to the side, Touch R next to L, Hold
&3 Step R to the side, Touch L next to R
&4 Make a ¼ right stepping L to the side, Touch R next to L (3:00)
&5&6 Step R to the side, Step L next to R, Step R to the side, Touch L next to R
7&8& Rock L to the side, Recover weight on R, Rock L across R, Recover weight on R

[S3] 1/4L Fwd, 1/4L Side, Behind Rock-Recover 1/4R, 1/4R Fwd, 1/4R Side, Behind Rock-Side

1 2 Make a ¼ turn left stepping forward on L, Make a ¼ turn left stepping R to the side (9:00)
3&4 Rock L behind R, Recover/cross R over L, Make a ¼ turn right stepping back on L (12:00)
5 6 Make a ¼ turn right stepping forward on R, Make a ¼ turn right stepping L to the side (6:00)
7&8 Rock R behind L, Recover/cross L over R, Step R to the side

[S4] Knee Out, In, Out-In, Side Rock, Ball-Side Rock, Ball-Fwd

1 2 Dig L toes on the floor and slightly leaning your body to the left- L knee out, L knee in
3& Swiftly L knee out, L knee in
4 5 Rock L to the side, Recover weight on R
&6 7 Ball step L next to R, Rock R to the side, Recover weight in L
&8 Ball step R next to L, Step forward on L**

[S5] Swivel Heels, Hold, Ball-Fwd-Swivel Heels, Hold, Ball-Fwd, Triple 1/2R Turn w/ Heel-

&1 2 Swivel both heels out (L foot forward/ R foot back), Swivel both heels in, Hold
&3 Ball step L close to R, Step forward on R
&4 5 Swivel both heels out (R foot forward/ L foot back), Swivel both heels in, Hold
&6 Ball step R close to L, Step forward on L
7&8 Step forward on R, Make a ½ turn right stepping L close to R, Step forward on R heel (12:00)

[S6] -&-Heel, Hold, &-Step-Pivot 1/2L, Fwd Lock Step R-L, Side

&1 2 Step R next to L, Step forward on L heel, Hold
&3 4 Step L next to R, Step forward on R, Make a ½ turn left recover weight on L (6:00)
5&6 Step diagonally forward on R, Lock step L behind R, Step forward on R
&7&8 Step diagonally forward on L, Lock step R behind L, Step forward on L, Step R to the side

[S7] Behind Rock, 1/4L Shuffle Fwd, Step-Pivot 1/2L-1/2L Shuffle Back-

1 2 Rock L behind R, Recover/cross R over L
3&4 Making a ¼ turn left shuffle forward on L-R-L (3:00)
5 6 Step forward on R, Make a ½ turn left recover weight on L
7&8 Making a ½ turn left shuffle back on R-L-R (3:00)

[S8] -1/2L-1/2L-Coaster Step, Fwd-Samba 1/4R, Cross-Samba

1 2 Make a ½ turn left stepping forward on L, Make a ½ turn left stepping back on R (3:00)
3&4 Step back on L, Step R next to L, Step forward on L
5&6 Step forward on R, Make a ¼ turn right stepping (rock) L to the side, Recover weight on R (6:00)
7&8 Cross L over R, Rock R to the side, Recover weight on L

Restart on Wall 3 count 32 (6:00)**

The last wall (wall 6 starts at 6:00), dance up to count 32 (12:00), then step forward on R.

**Please feel free to contact me if you need any further information. (hirokoclinedancing@gmail.com)
(updated: 4/Nov/20)**
