

Sober

COPPER KNOB
BY STEPHEN

拍数: 81 墙数: 4 级数: Phrased Intermediate
编舞者: Frédéric Marchand (FR) - November 2020
音乐: Sober - P!nk : (2008)



Intro: 8 counts - Start 1 beat after the lyrics - Bodyweight on the left foot

Séquence: A64 - A64 * - A32R - A64 - A48R - A64 - B17**

PART A: 64 COUNTS

S1A: RIGHT KICK BALL POINT LEFT, LEFT SAILOR STEP 1/4 TURN LEFT, ROCK STEP RIGHT FWD, RECOVER LEFT, TRIPLE STEP RIGHT 1/2 TURN RIGHT

- 1&2 Kick Right Fwd (1) - Step down Right ball (weight on Right) (&) - Point Left to Left side (2) [12 o'clock]
- 3&4 Cross Left behind Right (3) - Make 1/4 turn Left Step Right on Right (&) - Step Left on the Left (Weight Ends On Left) (4) [09 o'clock]
- 5-6 Step Right Fwd (5) - Recover on Left (6)
- 7&8 1/4 Turn Right with Right foot Fwd (7) - Step Left next to the Right (&) - 1/4 Turn Right with Right foot Fwd (8) [03 o'clock]

S2A: ROCK STEP FWD LEFT, RECOVER RIGHT, ANCHOR STEP LEFT, ANCHOR STEP RIGHT, COASTER STEP LEFT

- 1-2 Step Left Fwd (1) - Recover on Right (2)
- 3&4 Step Left foot behind Right (3) - Step Right foot in place (&) - Step Left foot in place (4)
- 5&6 Step Right foot behind Left (5) - Step Left foot in place (&) - Step Right foot in place (6)
- 7&8 Step Left back (7) - Step Right next to Left (&) - Step Left Fwd (8)

S3A: SIDE RIGHT ON DIAGONAL RIGHT, TOUCH LEFT, SIDE LEFT ON DIAGONAL LEFT, TOUCH RIGHT, TRIPLE STEP RIGHT FWD, TWIST TURN 1/2 RIGHT, RIGHT SAILOR STEP

- 1&2& Make 1/8 turn Left stepping Right to Right side (1) [01:30] - Touch Left next to the Right (&) - Make 1/4 turn Right stepping Left to Left side (2) [04:30] - Touch Right next to the Left (&)
- 3&4 Make 1/8 turn Left step Right Fwd (3) [03 o'clock] - Step Left behind Right (&) - Step Right Fwd (4)
- 5-6 Cross Left over Right with (Weight Ends On two foot) (5) - 1/2 Turn Right finish cross-legged (Weight Ends On Left) (6) [09 o'clock]
- 7&8 Cross Right Behind Left (7) - Step Left on Left (&) - Step Right on the Right (Weight Ends On Right) (8)

S4A: LEFT SWIVEL IN HEEL TOE, HITCH LEFT, SLIDE LEFT, DRAG RIGHT, SIDE RIGHT, SPIRAL TURN 3/4 TURN LEFT, TRIPLE STEP LEFT

- 1&2 Swivel Left heel in towards Right (1) - Swivel Left toe in towards Right (&) - Raise Left Knee (Weight Ends On Right) (2)
- 3-4 Big step Left to Left side (3) - Drag Right next to the Left (Weight Ends On Left) (4)
- 5-6 Step Right to Right side (5) - Make 3/4 turn Left on the Right foot finish Left crossed over right (6) [12 o'clock]
- 7&8 Step Left Fwd (7) - Step Right behind Left (&) - Step Left Fwd (8)

RESTART here on the wall 3 facing 6 o'clock

S5A: DOROTHY STEP RIGHT AND LEFT, ROCK STEP FWD RIGHT, RECOVER LEFT, POINT RIGHT, SWAY RIGHT, SWAY LEFT

- 1-2& On diagonal Right Step Right Fwd (1) - Lock Left foot behind Right (2) - Step Right Fwd (&)
- 3-4& On diagonal Left Step Left Fwd (3) - Lock Right foot behind Left (4) - Step Left Fwd (&)
- 5&6 Step Right Fwd (5) - Recover on Left (&) - Point Right to Right side (6)
- 7-8 Put the weight on the Right in oscillating the upper body on the Right (7) - Put the weight on the Left in oscillating the upper body on the Left (8)

***** TAG here on the wall 2 facing 9 o'clock on counts 7-8 and continue the dance**

S6A: BEHIND, STEP LEFT 1/4 TURN LEFT, STEP RIGHT FWD, ROCK STEP LEFT FWD, RECOVER RIGHT, BACK LEFT WITH SWIVEL RIGHT, BACK RIGHT WITH SWIVEL LEFT, COASTER STEP LEFT

- 1&2 Step Right behind Left (1) - 1/4 Turn Left with Left foot Fwd (&) [09 o'clock] - Step Right Fwd (2)
3-4 Step Left Fwd (3) - Recover on Right (4)
5-6 Step back Left in pivoting the point Right to the Right (5) - Step back Right in pivoting the point Left to the Left (6)
7&8 Step Left back (7) - Step Right next to Left (&) - Step Left Fwd (8)

RESTART here on the wall 5 facing 12 o'clock

S7A: WALK RIGHT, WALK LEFT, WALK RIGHT, OUT LEFT, OUT RIGHT, BALL LEFT CROSS RIGHT, STEP LEFT 1/4 TURN LEFT, STEP RIGHT FWD, 1/2 TURN LEFT

- 1-2-3 Step Right Fwd (1) - Step Left Fwd (2) - Step Right Fwd (3)
&4 Step Left to Left side (&) - Step Right to Right side (4)
&5-6 Step Left next to Right (&) - Cross Right over Left (5) - 1/4 Turn Left with Left foot Fwd (6) [06 o'clock]
7-8 Step Right Fwd (7) - 1/2 Turn Left (Weight Ends On Left) (8) [12 o'clock]

S8A: SIDE RIGHT, SPIRAL TURN 3/4 TURN LEFT, TRIPLE STEP LEFT, STEP RIGHT FWD, 1/2 TURN LEFT, WALK RIGHT, WALK LEFT

- 1-2 Step Right to Right side (1) - Make 3/4 turn Left on the Right foot finish Left crossed over Right (2) [03 o'clock]
3&4 Step Left Fwd (3) - Step Right behind Left (&) - Step Left Fwd (4)
5-6 Step Right Fwd (5) - 1/2 Turn Left (Weight Ends On Left) (6) [09 o'clock]
7-8 Step Right Fwd (7) - Step Left Fwd (8)

PART B: 17 COUNTS

The counts of part B are danced on the instrumental part and not on the BPM

S1B: STEP RIGHT FWD WITH SWEEP LEFT, CROSS LEFT, SIDE RIGHT, BEHIND LEFT WITH SWEEP RIGHT, BEHIND RIGHT, STEP LEFT 1/4 TURN LEFT, STEP RIGHT FWD, ROCK STEP LEFT FWD, RECOVER RIGHT, 1/2 TURN LEFT, LEFT FULL TURN

- 1 Step Right Fwd and make a circular movement with the Left leg from back to front (1) [09 o'clock]
2&3 Cross Left over Right (2) - Step Right to Right side (&) - Cross Left Behind Right and make a circular movement with the Right leg from front to back (3)
4&5 Cross Right behind Left (4) - 1/4 Turn Left with Left foot Fwd (&) [06 o'clock] - Step Right Fwd (5)
6&7 Step Left Fwd (6) - Recover on Right (&) - Make 1/2 turn Left stepping Left Fwd (7) [12 o'clock]
8& Make 1/2 turn Left stepping Right Back (8) [06 o'clock] - Make 1/2 turn Left stepping Left Fwd (&) [12 o'clock]

S2B: STEP RIGHT FWD WITH SWEEP LEFT, CROSS LEFT, SIDE RIGHT, BEHIND LEFT WITH SWEEP RIGHT, BEHIND RIGHT, STEP LEFT 1/4 TURN LEFT, STEP RIGHT FWD, STEP LEFT FWD, 1/2 TURN RIGHT, STEP LEFT FWD, LEFT FULL TURN, 1/4 TURN LEFT

- 1 Step Right Fwd and make a circular movement with the Left leg from back to front (1) [12 o'clock]
2&3 Cross Left over Right (2) - Step Right to Right side (&) - Cross Left Behind Right and make a circular movement with the Right leg from front to back (3)
4&5 Cross Right behind Left (4) - 1/4 Turn Left with Left foot Fwd (&) [09 o'clock] - Step Right Fwd (5)
6&7 Step Left Fwd (6) - 1/2 Turn Right (&) [03 o'clock] - Step Left Fwd (7)
8&1 Make 1/2 turn Left stepping Right Back (8) [09 o'clock] - Make 1/2 turn Left stepping Left Fwd (&) [03 o'clock] - Make 1/4 turn Left stepping Right to Right side (1) [12 o'clock]

***** TAG & REPLAY : Wall 2 facing 9 o'clock SECTION 5, after the word "SILENCE" do shhh with a finger on the mouth on counts 7-8 and continue the dance**

7-8 SWAY RIGHT AND "CHUT!" - SWAY LEFT AND "CHUT!"

INTRO 8

A - 64 (Start 12 o'clock - End 09 o'clock)

A - 64 (Start 09 o'clock - End 06 o'clock) TAG Section 5 - Counts 7-8 facing 9 o'clock and continue the dance

A - 32 (Start 06 o'clock - End 06 o'clock) RESTART

A - 64 (Start 06 o'clock - End 03 o'clock)

A - 48 (Start 03 o'clock - End 12 o'clock) RESTART

A - 64 (Start 12 o'clock - End 09 o'clock)

B - 17 (Start 09 o'clock - End 12 o'clock)

Start again with a smile V1-FR-FM le 06/11/2020

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