

Keep Running Circles

COPPER KNOB
BY STEPHEN HETS

拍数: 48 墙数: 2 级数: Easy Intermediate Rolling 8
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音乐: Circles - Wyn Starks : (Single: 2019)



One easy Tag of 4 counts and one Restart at 12.00.
Introduction slow 16 counts, start approx. 08 sec.

Part 1. [1-8] Side Rock R 1/4 Turn L, R Back 3/4 Turn L with Sweep L, Syncopated Sailor L, Back R with Sweep L, Behind with Sweep R, Cross Rock R.

- 1,2 Rock Rf to R (1), Make 1/4 turn L (9.00) recover back onto Lf. (2).
- 3 Turning 3/4 L (12.00) and sweep Lf from front to back (3).
- 4&a5 Step Lf behind Rf (4), Step Rf to R (&), Step Lf to L (a), Step Rf back and sweep Lf from front to back (5).
- 6,8 Step Lf behind Rf and sweep Rf from front to back (6), Rock Rf behind Lf (7), Recover back onto Lf (8).

Part 2 [9-16] Fwd R 1/8 Turn L, Fwd Rock L, L Recover with Hitch R 1/8 L, Step R Across, L Back, Twinkles Back R, L, Back Rock L.

- &1,2 Make 1/8 turn L (10.30) stepping Rf fwd (&), Rock Lf fwd (1), Recover back onto Rf (2).
- 3,4 Make 1/8 turn L (9.00) and hitch R knee up (3), Step Rf across Lf (4).
- 5&a Step Lf slightly back (5), Twinkle R (&a).
- 6&a Twinkle L (6&a).
- 7,8 Rock Lf back (7), Recover back onto Rf (8).

Part 3 [17-24] Fwd L with Sweep R, Syncopated Weave L with Sweep L, Behind, R Side 1/4 Turn R, Cross Rock L, L Side, Cross Rock R.

- 1 Step Lf fwd and sweep R from back to front (1).
- 2&3 Step Rf across Lf (2), Step Lf to L (&), Step Rf behind Lf and sweep Lf from front to back (3).
- 4&5 Step Lf behind Rf (4), Make 1/4 turn R (12.00) step Rf to R (&).
- 5,6a Cross Rock Lf fwd (5), Recover back onto Lf (6), Step Lf to L (a).
- 7,8 Cross Rock Rf fwd (7), Recover back onto Lf (8).

(NB: Restart here in wall 3 after 24 counts, after start again (facing 12 o'clock).

Part 4 [25-32] Slides In A Box 1/2 Turn R, Fwd L, Coaster Step R, Fwd L, Side Rock R, Cross Rock R.

- 1,4 Make 1/4 turn R slide step Rf fwd (1), Make 1/4 R slide step Lf back (2), Step Rf slide to R (3), Step Lf fwd (4).
- 5&a6&a Step Rf back (5), Step Lf beside Rf (&), Step Rf fwd (a), Step Lf fwd (6), Rock Rf to R (&), Recover back onto Lf (a).

(NB: Tag here in Wall 2 after 30 counts, after start again (facing 12 o'clock).

- 7,8 Cross Rock Rf fwd (7), Recover back onto Lf (8).

Part 5 [33-40] R Side, Syncopated Weave R, Side Rock R, Together, Fwd Rock L 1/4 Turn L, Walks Fwd L, R.

- 1,2&a Step Rf to R (1), Step Lf behind Rf (2), Step Rf to R (&), Step Lf across Rf (a).
- 3,4 Rock Rf to R (3), Recover back onto Lf (4).
- &5,6 Step Rf beside Lf (&), Make 1/4 turn L (3.00) rock Lf fwd (5), Recover back onto Rf (6).
- 7,8 Walk Lf fwd (7), Walk Rf fwd (8).

Part 6 [41-48] L Side, Syncopated Weave L, Side Rock L, Together, Fwd Rock L 1/4 Turn R, Walks Fwd R, L.

- 1,2&a Step Lf to L (1), Step Rf behind Lf (2), Step Lf to L (&), Step Rf across Lf (a).
- 3,4 Rock Lf to L (3), Recover back onto Rf (4).
- &5,6 Step Lf beside Rf (&), Make 1/4 turn R (6.00) rock Rf fwd (5), Recover back onto Lf (6).

7,8 Walk Rf fwd (7), Walk Lf fwd (8).

TAG: [1-4] R Fwd (Arm Movements Side R, L with Hands), Fwd L, R Stomp Together.

1,2 Step Rf fwd and bring R hand to front out to R (fingers Spread) (1), Bring L hand to front out to R (fingers Spread) (2).

3,4 Step Lf fwd (3), Stomp Rf together Lf holding weight onto Lf (4).

REPEAT THE DANCE AND HAVE FUN!!

Last Update - 8 March 2021
