

Dancing Into The Stars

COPPER **KNOB**
BY STEPHEN

拍数: 64 墙数: 4 级数: High Improver
编舞者: Noreen Wall (UK) - September 2021
音乐: Dancing into the Stars (feat. Angela Johnson) (Radio Edit) - Dave Lee & Horse
Meat Disco



Intro 16 Counts From Beginning Of Music

SEC.1: STEP OUT RIGHT, STEP OUT LEFT, BACK RIGHT, BACK LEFT, RIGHT COASTER STEP, STEP 1/4 TURN RIGHT.

- 1-2 step out right foot, step out left foot [raise arms and push forward right left]
3-4 step back right foot, step back left foot [bring arms down right, left]
5&6 step back on right foot, step back on left foot beside right, step forward right foot.
7-8 step forward on left foot make a 1/4 turn right to face 3 O'clock, recover weight on right foot.

SEC 2: CROSS LEFT OVER RIGHT, SIDE, SAILOR, HEEL. CROSS RIGHT OVER LEFT, SIDE, SAILOR, HEEL.

- 1-2 cross left foot over right foot, step right to right side
3&4 sweep left foot behind right foot, step right to right side, touch left heel forward
5-6 cross right foot over left foot, step left foot to left side
7&8 sweep right foot behind left foot, step left to left side, touch right heel forward

SEC 3: CROSS LEFT OVER RIGHT, HOLD, STEP, CROSS LEFT OVER RIGHT, ROCK OUT RIGHT TO RIGHT SIDE, RECOVER, RIGHT SAILOR STEP 1/4 TURN RIGHT [6 O'CLOCK] STEP FORWARD LEFT FOOT

- 1-2 cross left foot over right, hold for count 2
&-3-4 step on right foot, cross left foot over right foot, rock forward on to right foot
5-6- recover weight on left foot, sweep right foot behind left foot making a 1/4 turn right to 6 O'clock,
7-&-8 step left foot back beside right foot, step forward right foot for & count, step forward left foot

SEC 4: FORWARD RIGHT DOROTHY STEP. FORWARD LEFT DOROTHY STEP, FORWARD RIGHT ROCK, RECOVER, 1/4 SHUFFLE TURN RIGHT TO 9 O'CLOCK

- 1-2-& on right diagonal step forward on to right foot, cross left foot behind right foot, step forward on to right foot
3-4-& on left diagonal step forward on left foot, cross right foot behind left foot, step forward on to left foot
5-6 rock forward on to right foot, recover weight back on left foot
7-&-8 make a 1/4 shuffle turn right stepping right, left, right to face 9 o'clock

SEC 5: RIGHT SYNCOPATED WEAVE, ROCK RECOVER, LEFT SYNCOPATED BEHIND SIDE CROSS

- 1-2 cross left foot over right foot, step right foot to right side
3&4 step left foot behind right foot, step right to right side, cross left foot over right foot
5-6 rock out right foot to right side, recover weight on left foot
7-&-8 step right foot behind left foot, step left to left side, cross right foot over left

SEC 6: SIDE HOLD AND SIDE TOUCH, ROCKING CHAIR

- 1-2 step left out to left side, hold for count 2
& 3-4 step right foot next to left, step left to left side, touch right toe next to left
5-6 rock forward on to right foot, rock back on to left foot
7-8 rock back on right foot, recover weight on to left foot

SEC 7: RIGHT SHUFFLE, STEP 1/2 TURN RIGHT, STEP, LEFT SHUFFLE, STEP 1/2 TURN LEFT, STEP

- 1-&-2 step forward right foot, step left foot behind right, step forward right foot

- 3-4 step forward left foot make a ½ turn right to 3 o'clock, step forward on right foot
5-&-6 step forward left foot, step right foot behind left, step forward left foot
7-8 step forward right foot make a ½ turn left to face 9 o'clock, step forward on to left foot

SEC 8: ½ SHUFFLE TURN LEFT TO 3 O'CLOCK, LEFT COASTER STEP, JAZ BOX

- 1-&-2 shuffle ½ turn left stepping right, left, right to face 3 O'clock
3-&-4 step left foot back, step right foot next to left, step forward on to left foot
5-6 cross right foot over left foot, step back on to left foot
7-8 step right foot beside left foot, replace weight on to left foot

**There is one restart after 48 counts on wall 1, after rocking chair facing 9 o'clock
This dance has an upbeat disco beat you can add any styling you want**
