

Rest of Our Lives

COPPER KNOB
BY SHEETS

拍数: 52 墙数: 2 级数: Phrased High Intermediate
编舞者: Sophia KSF (MY) - September 2021
音乐: Dance With Me - Caleb and Kelsey



Intro : 4 counts, start on vocal. Sequence : ABB+ ABB+ A- BB+
(A- Finish at 14C with step change)

PART A

Section 1 : Forward Sweep x 2, forward, 1/8 turn x 2, sway, 1/4 step, full turn

1 LF forward, sweep RF from back to front
2 RF forward, sweep LF from back to front
3-4 LF forward, 1/8 left turn RF to right (facing 10.30)
5-6 1/8 left turn, LF to left with body sway left and right (facing 9)
7&8 LF forward with 1/4 left turn (7) RF back with 1/2 turn left (&) LF forward with 1/2 turn left (8)

SECTION 2 : Side cross back, side cross rock recover, back hitch, back hitch behind 1/4 left forward, rock recover

1& RF to right, LF cross over RF
2& RF back, LF to left
3& RF cross over LF, recover on to LF
4 RF back, hitch LF from front to back
5& LF back, hitch RF from front to back, RF behind LF
6 LF forward with 1/4 left turn

(A- Ends here with step change on count 6, step LF to left)

7-8 Rock RF forward, recover onto LF

SECTION 3 : Back sweep x 2, behind side cross, 1/4 forward, 1/2 turn, triple turn

1-2 RF back with LF sweeping from front to back, LF back with RF sweeping from front to back
3&4 RF behind LF(3), LF to left(&), cross RF over LF(4)
5-6 LF forward with 1/4 left turn, 1/2 turn left with RF back
7&8 LF forward, 1/2 turn left (7) RF back, 1/2 turn left (&) LF forward, 1/2 turn left (8)

SECTION 4 : 1/8 left back, drag, 1/4 right, drag & hook, syncopated jazzbox, unwind 3/4 turn

1-2 1/8 left turn stepping RF back, drag LF down, touch next to RF (facing 10.30)
3-4 1/4 right turn stepping LF back, drag RF down, hook over LF (facing 1.30)
5&6& RF forward with 1/8 right turn (5) cross LF over RF (&) step back on RF (6) LF to left (&)
7-8 Cross RF over LF, unwind 3/4 left turn (facing 6)

PART B

Section 1 : Half Diamond Step, side rock recover behind side 1/8 left forward and kick

12& RF to right, LF back with 1/8 left turn, RF back with 1/8 left turn (facing 3)
34& LF forward with 1/8 left turn, RF forward, recover onto LF (facing 1.30)
56& 1/8 left turn, RF to right with sway (5) transfer weight to LF (6) RF behind LF (&) (facing 12)
7&8 LF to left (7) RF forward with 1/8 left turn (&) kick LF forward bending RF (8) (facing 10.30)

*Hand Styling during kick - sweep up both hands

Section 2 : Point, 1/2 turn, 1/8, side rock cross, back, 1/4 side, together forward x2, pivot 1/2 turn

1-2 Point LF back, 1/2 turn left, LF in place (facing 4.30)
3&4 RF to right with 1/8 left turn, recover on LF, RF cross over LF (facing 3)
5&6 LF back (5) 1/4 right turn RF to right (&) transfer weight to LF (facing 6)
&7&8 Close RF to LF (&) LF forward (7) RF forward (&) pivot half turn left (8)

B+ : Additional 4 steps after the last 8 counts

1- 2) RF to right swaying right, sway to left

3& 4) Sway right, sway left, sway right drag and close LF to RF slightly bending both legs

***Hand Styling - cross both hands in front of chest when u bring both legs together**

Ending : Walk back to 12 o'clock facing

Hope you will enjoy the dance to this wonderful song.

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