

Pride & Fear

COPPERKNOB
BYEPOSTETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Hiroko Carlsson (AUS) - October 2021
音乐: Pride & Fear - TheFatRat & RIELL : (Spotify)



(Dance starts on lyrics)

[S1] Walk-Walk-Walk, Flip Turn 1/2R, Back-Lock-Back, Back Rock

1 2 3 Walk forward on L-R-L
4& Step forward on R, Make a swift 1/2R turn stepping back on L (6:00)
5&6 Step back on R, Lock L over R, Step back on R
7 8 Rock back on L, Replace weight on R

[S2] Fwd, 1/4L, Back, Lock-Back, Back Rock, Fwd, 1/4R

1 2 Step forward on L, Make a 1/4 turn left stepping R to the side (3:00)
3 4& Step back on L, Lock R over L, Step back on L
5 6 Rock back on R, Replace weight on L
7 8 Step forward on R, Make a 1/4 turn right stepping L to the side (6:00)

[S3] Back w/ Slow Sweep, 1/8L Sailor-Fwd, Fwd Rock-Point, Touch Behind-Unwind 5/8R

1 2 Step back on R sweeping L around over 2 counts
3&4 Make a 1/8 turn left stepping L behind R, Step R beside L, Step forward on L (4:30)
5&6 Rock forward on R, Replace weight on L, Point R toe to the side
7 8 Touch R behind L, 5/8R unwind weight ends on L (12:00)

[S4] Cross-Side-Cross-Side, Cross Rock, 1/4R-Sweep 1/2R

1 2 Dip cross R over L, Step L to the side
3 4 Dip cross R over L, Step L to the side
5 6 Rock R over L, Replace weight on L
7 8 Make a 1/4 turn right stepping forward on R, Make a further 1/2 turn right sweeping L around (weight on R) (9:00)

The dance finishes at 12:00 o'clock. No tags or restarts.

Please feel free to contact me if you need any further information. (hirokoclinedancing@gmail.com)
(updated: 6/Oct/21)