

St. Elmo's Fire

COPPER KNOB
BYEPOSTETS

拍数: 32 墙数: 4 级数: Improver
编舞者: Mikael Mölsä (FIN) - 20 November 2008
音乐: St. Elmos Fire (Man In Motion) - John Parr : (CD: St. Elmo's Fire OST)



Starting point: At vocals, at about 0:17.

Note: On wall 10, dance the first 24 counts and then begin the dance again.

SHUFFLE RIGHT, ¼ LEFT TURNING SHUFFLE, ½ LEFT TURNING SHUFFLE, ¼ LEFT TURNING SHUFFLE

1&2 Step right to side, step left next to right, step right to side
3&4 Turn ¼ to left and step left to side, step right next to left, step left to side (now facing 9:00)
5&6 Turn ½ to left and step right to side, step left next to right, step right to side (now facing 3:00)
7&8 Turn ¼ to left and step left to side, step right next to left, step left to side (now facing 12:00)

ROCK BACK, KICK BALL STEP, SLIDES

1-2 Rock right back, recover weight back to left
3&4 Kick right forward, step right next to left, step left forward
5-6 Take a big step to right diagonal, slide left next to right (weight remains on right)
7-8 Take a big step to left diagonal, slide right next to left (weight remains on left)

½ LEFT TURNING HEEL SWITCHES, ¼ LEFT TURNING PIVOTS

1&2& Touch right heel forward, step right next to left, touch left heel forward, step left next to right
3&4& Touch right heel forward, step right next to left, touch left heel forward, step left next to right (now facing 6:00)
5-6 Step right forward, turn ¼ to left (now facing 3:00)
7-8 Step right forward, turn ¼ to left (now facing 12:00)

Note: With the heel switches (1-4&) turn ½ to left.

Restart: On wall 10, restart here.

ROCK FORWARD, ¾ TRIPLE STEP TURN TO RIGHT, ROCK FORWARD, STEP BEHIND, FULL UNWIND

1-2 Rock right forward, recover weight back to left
3&4 Turn ½ to right and step right forward, step left next to right, turn ¼ to right and step right forward (now facing 9:00)
5-6 Rock left forward, recover weight back to right
7-8 Step left behind right, unwind a full turn to left

Option: You can replace the full unwind turn on counts 7-8 with a coaster step, although you need to change the counting to 7&8 as well.

REPEAT