

Aging of a Beauty (紅顏舊)

COPPERKNOB
STEPSHEETS

拍数: 32 墙数: 2 级数: Intermediate
编舞者: Maria Tao (USA) - May 2022
音乐: Aging of a Beauty (紅顏舊) - Liu Tao (劉濤) : (Nirvana In Fire Theme Song)



Intro: 36 counts; 1 Tag after WALL 3

[S1] SIDE, BACK ROCK, RECOVER, 1/4 TURN R, 1/2 TURN R BEHIND, SIDE, CROSS ROCK, RECOVER, 1/4 TURN R, STEP FWD, FULL SPIRAL TURN R, RUN FWD

1 Step R to R
2&3 Rock L back, recover onto R, 1/4 turn R stepping L to L [3:00]
4&5 1/2 turn R crossing step R behind L, step L to L, cross rock R over L [9:00]
6&7& Recover onto L, 1/4 turn R stepping R forward, step L forward, hitch R making a full spiral turn R [12:00]
8& Run R forward, run L forward

[S2] STEP FWD, 1/2 TURN L, 1/2 TURN L, BACK, SAILOR CROSS, ANCHOR STEP, 1/4 TURN R PRESS

1 Step R forward lifting L heel
2&3 1/2 turn L stepping L down, 1/2 turn L stepping R back, step L back sweeping R around
4&5 Cross step R behind L, step L to L, cross R over L hitching L slightly
6&7 Step L behind R, step R in place, step L in place
8 1/4 turn R pressing R to R while pointing L to L [3:00]

[S3] RECOVER 1/4 TURN L, CROSS ROCK, RECOVER, 1/4 TURN R, STEP FWD, 3/4 SPIRAL TURN R, SIDE, BACK ROCK, RECOVER, SIDE, BACK ROCK RECOVER

1 1/4 turn L stepping L forward [12:00]
2&3 Cross rock R over L, recover onto L, 1/4 turn R stepping R forward [3:00]
4&5 Step L forward, 3/4 spiral turn R, step R to R [12:00]
6&7 Rock L back, recover onto R, step L to L
8& Rock R back, recover onto L

[S4] 1/4 TURN L, SWEEP, 1/2 TURN L BEHIND, SIDE, FWD ROCK, RECOVER, POINT BACK, UNWIND 1/2 TURN L, 1/2 TURN R, 1/4 TURN R TOG, BACK ROCK, RECOVER

1& 1/4 turn L stepping R to R, sweep L around [9:00]
2&3 1/2 turn L crossing step L behind R, step R to R, rock L forward [3:00]
4&5 Recover onto R, point L back, 1/2 turn L stepping L down lifting R heel [9:00]
6-7 1/2 turn R stepping R down, 1/4 turn R stepping L beside R [6:00]
8& Rock R back, recover onto L

START AGAIN!

TAG: Add 4 counts tag at the end of WALL 3 (facing 6:00)

1-2& Step R to R, rock L back, recover onto R
3-4& Step L to L, rock R back, recover onto L