

Dream Mate

COPPER KNOB
STEPSHEETS

拍数: 132 墙数: 2 级数: Phrased Intermediate
编舞者: Jennifer Choo Sue Chin (MY), Lai Nee (MY) & Cat Low (MY) - July 2022
音乐: Mong Bun (夢伴) - Anita Mui (梅艷芳)



Phrasing: AATB A-ATB Ending

Part A (48 counts)

A1 TOE STRUTS TO L (3X), SIDE TOGETHER Facing

1-4 (1) Touch R toes over LF, (2) Drop R heel, (3) Touch L toes to L, (4) Drop L heel 12:00
5-8 (5) Touch R toes over LF, (6) Drop R heel, (7) Step LF to L, (8) Close RF next to LF 12:00

A2 TOE STRUTS TO R (3X), SIDE TOGETHER

1-4 (1) Touch L toes over RF, (2) Drop L heel, (3) Touch R toes to R, (4) Drop R heel 12:00
5-8 (5) Touch L toes over RF, (6) Drop L heel, (7) Step RF to R, (8) Close LF next to RF 12:00

A3 FWD HIP BUMP, ½L FWD HIP BUMP, ¼L HIP ROLL (2X)

1-2 (1) Touch RF fwd and bump hips fwd, (2) Step down on RF 12:00
3-4 (3) ½L Touch LF fwd and bump hips fwd, (4) Step down on LF 6:00
5-6 (5) Step RF fwd, (6) ¼L roll hip CCW shifting weight on LF 3:00
7-8 (7) Step RF fwd, (8) ¼L roll hip CCW shifting weight on LF 12:00

A4 ½R JAZZ BOX, STEP POINT, STEP POINT

1-4 (1) Cross RF over LF, (2) ¼R Step LF back, (3) ¼R Step RF to R, (4) Step LF fwd 6:00
5-8 (5) Step RF fwd, (6) Point LF to L, (7) Step LF fwd, (8) Touch RF to R

** A- ends here to restart A again. 6:00

A5 JUMP BACK OUT OUT, HEEL DROPS 2X, HALF HIP ROLLS WITH BUMPS (2X)

&1-2 (&) Step back on RF, (1) Step LF to L, (2) Hold 6:00
&3&4 (&) Raise heels, (3) Drop heels, (&) Raise heels, (4) Drop heels 6:00
5-6 (5) Roll hips from L-back-R, (6) Touch LF in place and bump L hip 6:00
7-8 (7) Roll hips from R-back-L, (8) Touch RF in place and bump R hip 6:00

A6 JUMP FWD OUT OUT, HEEL DROPS 2X, FULL HIP ROLL

&1-2 (&) Step fwd on RF, (1) Step LF to L, (2) Hold 6:00
&3&4 (&) Raise heels, (3) Drop heels, (&) Raise heels, (4) Drop heels, 6:00
5-8 Roll hips from L-back-R-front-L (weight ending on LF) 6:00

Part B (84 counts)

B1 SIDE TOUCH, SIDE TOUCH, ROCK RECOVER COASTER Facing

1-4 (1) Step RF to R, (2) Touch LF next to RF, (4) Step LF to L, (4) Touch RF next to LF 12:00
5-6 (5) Rock RF fwd, (6) Recover on LF 12:00
7&8 (7) Step RF back, (7) Step LF next to RF, (8) Step RF fwd 12:00

B2 CROSS SAMBA 2X, ¼L JAZZ BOX TOUCH

1&2 (1) Cross LF over RF, (&) Rock RF to R, (2) Recover on LF 12:00
3&4 (3) Cross RF over LF, (&) Rock LF to L, (4) Recover on RF 12:00
5-8 (5) Cross LF over RF, (6) ¼L stepping back on RF, (7) Step LF to L, (8) Touch RF next to LF 9:00

B3 POINT CLOSE, POINT CLOSE, ROCK RECOVER, ½R FWD SHUFFLE

1-4 (1) Point RF to R, (2) Close RF next to LF, (3) Point LF to L, (4) Close LF next to RF 9:00
5-6 (5) Rock RF fwd, (6) Recover on LF 9:00

7&8 (7) ½R Step RF fwd, (&) Close LF next to RF, (8) Step RF fwd 3:00

B4 ¼R POINT WITH HEEL DROPS, SWAY 4X

1-4 (1) ¼R Point LF to L, (2-4) Drop L heel 3x 6:00

5-8 (5) Sway hips to L, (6) Sway hips to R, (7) Sway hips to L, (8) Sway hips to R 6:00

B5 SIDE TOUCH, SIDE TOUCH, ROCK RECOVER COASTER

1-4 (1) Step LF to L, (2) Touch RF next to LF, (4) Step RF to R, (4) Touch LF next to RF 6:00

5-6 (5) Rock LF fwd, (6) Recover on RF 6:00

7&8 (7) Step LF back, (7) Step RF next to LF, (8) Step LF fwd 6:00

B6 CROSS SAMBA 2X, ¼R JAZZ BOX TOUCH

1&2 (1) Cross RF over LF, (&) Rock LF to L, (2) Recover on RF 6:00

3&4 (3) Cross LF over RF, (&) Rock RF to R, (4) Recover on LF 6:00

5-8 (5) Cross RF over LF, (6) ¼R stepping back on LF, (7) Step RF to R, (8) Touch LF next to RF 9:00

B7 POINT CLAPS, HOLD, POINT CLAPS, HOLD

1-4 (1) Point LF to L, (2&) Clap 2x, (3-4) Hold 9:00

&5-8 (&) Close LF next to RF (5) Point RF to R, (6&) Clap 2x, (7-8) Hold 9:00

B8 CLOSE, FWD ROCK RECOVER. ½L SHUFFLE, POINT WITH HEEL DROPS, SWAY 4X

1-2 (&) Close RF next to LF (1) Rock LF fwd, (2) Recover on RF 9:00

3&4 (3) ½L Step LF fwd, (&) Close RF next to LF, (4) Step LF fwd 3:00

5-8 (5) ¼L Point RF to R, (6-8) Drop R heel 3x 12:00

9-12 (9) Sway hips to R, (10) Sway hips to L, (11) Sway hips to R, (12) Sway hips to L 12:00

B9 R GRAPEVINE, L ROLLING VINE

1-4 (1) Step RF to R, (2) Step LF behind RF, (3) Step RF to R, (4) Touch LF next to RF 12:00

5-8 (5) ¼L Step LF fwd, (6) ½L step RF back, (7) ¼L Step LF to L, (8) Touch RF next to LF 12:00

B10 ½R MONTEREY TURNS (2X)

1-4 (1) Point RF to R, (2) ½R on LF and close RF next to LF, (3) Point LF to L, (4) Close LF next to RF 6:00

5-8 (5) Point RF to R, (6) ½R on LF and close RF next to LF, (7) Point LF to L, (8) Close LF next to RF 12:00

Tag

T1 SKATE RLRL

1-4 (1) Skate R fwd, (2) Skate L fwd, (3) Skate R fwd, (4) Skate L fwd 12:00

Ending

Repeat the last 16 counts of B (B9 and B10) and pose facing 12:00 to end the dance! Have fun with this one!
