

Adele Was Young

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 2 级数: High Intermediate Smooth
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音乐: When We Were Young - Adele



Intro: 16 counts

Restart : on wall 3, 6, & 9 after 16 counts (with steps changing)

S1: LUNGE BENDED BOTH KNEES, FULL TURN, STEP R, FORWARD MAMBO, BACK SLIDE WITH DRAG, COASTER STEP WITH SWEEP, DIAGONAL FORWARD SHUFFLE WITH SWEEP

1-2 Forward lunge on L bending both knees (prep position), Pull up & full turn to right
3-4&5 Step R forward, Step L forward, Recover on R, Slide L backward while dragging R inward
6&7 Step R backward, Step L next to R, Step R forward while sweeping L to front
8&1 Step L forward diagonally to right, Step R next to L, Squaring and step L forward while sweeping R to front

S2: DIAGONAL FORWARD SHUFFLE, SIDE MAMBO CROSS, 1/4 TURN LEFT (2X), DIAGONAL FORWARD, FORWARD MAMBO, BACK WITH SWEEP

2&3 Step R forward diagonally to left, Step L next to R, Step R forward,
4&5 Squaring & step L to side, Recover on R, Cross L over R
6&7 1/4 turn left & step R backward, 1/4 turn left & step L to side, Step R forward diagonally to left
8&1 Step L forward, Recover on R, Step L backward while sweeping R to back

*RESTART : on wall 3 (facing 6.00), wall 6 (facing 12), wall 9 (facing 6.00) after 16 counts (with steps changing on the count of 8& in session 2)

*8 : Recover on L

*& : Squaring & step R next to L

S3: SAILOR STEP, BACK-RECOVER-SLIDE, 1/2 TURN & ARABESQUE - HOLD

2&3 Squaring & step R behind L, Step L to side, Recover on R while sweeping L to back
4&5-6 Step L behind R, Recover R, Squaring & slide L to side while dragging R inward, Step R next to L
7-8 Step L forward while 1/2 turning to left and raising R upward (do the arabesque pose), hold

S4: STEP DOWN & SWING, STEP DOWN & SHUFFLE TURN WITH SWEEP, CROSS-1/4 TURN (2 x), CROSS-1/4 TURN-1/2 TURN, STEP FORWARD

1-2&3 Step down R & swing L upward, Step down L, Step R next to L, 1/4 turn left & step L forward while sweeping R to front
4&5 Cross R over L, 1/4 turn right & step L backward, 1/4 turn right & step R to side
6&7-8 Cross L over R, 1/4 turn left & step R backward, 1/2 turn left & step L forward, Step R forward

Happy dancing - Dancing from the heart

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