

Dancing on My Own

COPPER KNOB
BY SHEETS

拍数: 80 墙数: 3 级数: Phrased Improver / Intermediate
编舞者: Karine Moya (FR) - November 2022
音乐: Dancing On My Own - Mosimann



**** Choreography specially written for the Americana Hall Of Fame 2022**

Sequence : C ABA C ABA CC1/2C Ending

Intro : approx 18 secs - No Tag No Restart

PART A : 32 Counts (12:00) & (9:00)

Section 1 : SIDE, POINT BWD (with arm action), SIDE, POINT BWD (with arm action), WALK FWD X3, KICK
1 2 Step Rf to the right side, Touch Lf behind Rf (Left leg outstretched and slightly crossed)
(12:00)

Styling : Head to the R

Option : During the Step right : Make two small circle ccw with the right arm closed fist and extend the arm to the right side

3 4 Step Lf to the left side, Touch Rf behind Lf (Right leg outstretched)

Styling : Head to the L

Option : During the Step left : Make a small circle cw with the right arm closed fist and extend the arm up)

5 6 7 Walk Forward on Rf, Lf, Rf

8 kick Lf Forward

Section 2 : DIAGONAL STEPS BWD (with hip & arm action), TOUCH L & R, ROLLING VINE (Vine)

1 2 1/8 turn right Step back on Lf (Push your hip backward & both arms stretched forward),
Touch Rf beside Lf (Bring your two arms bent at the level of your hips closed fist) (1:30)

3 4 1/4 turn left Step back on Rf (Push your hip backward & both arms stretched forward), Touch
Lf beside Rf (Bring your two arms bent at the level of your hips closed fist) (10:30)

5 6 7 8 Turn 1/8 left & Step Lf forward (9:00), Turn 1/2 left & Step Rf back (3 :00), Step 1/4 left & Step
Lf to the left side, Touch Rf beside Lf (12:00)

Easy Option : Vine: 1/8 Turn right Step Lf to left side, step Rf behind Lf, step Lf to left side, touch Rf beside Lf (12:00)

Section 3 : KICK & POINT R & L, JAZZ BOX 1/4 TURN

1&2 kick right in front, Rf ball to Lf, Point left toe to the left Side,

3&4 kick left in front, Lf ball to Rf, Point right toe to the right Side,

5 6 7 8 Cross Rf over Lf, 1/4 turn right Step back on Lf, Step Rf to the right side, Step Lf Fwd (3:00)

Section 4 : HIP BOUNCE FWD (with Fist Roll), TURN 1/2, 1/2 TURN HIP BOUNCE FWD (with Fist Roll) , JAZZ BOX

1 Rf point Fwd, while doing this bounce right hip Fwd (Rolling Fist Fwd 1 2) , (weight on Lf)

2 Turn 1/2 over left and put weight on Rf (9:00)

3 1/2 Turn Lf point Fwd, while doing this bounce left hip forward, but keep weight on Rf (3:00)

4 Put weight on Lf (Rolling Fist Fwd 3 4)

Easy Option : HIP BOUNCE FWD (with Fist Roll) , HIP BOUNCE FWD (with Fist Roll) Rf point forward, while doing this bounce right hip forward, (weight on Lf), Put weight on Rf (Rolling Fist Fwd 1 2)(3:00) Lf point forward, while doing this bounce left hip forward, but keep weight on Rf, Put weight on Lf (Rolling Fist Fwd 3 4)

5 6 7 8 Cross Rf over Lf, Step back on Lf, Step Rf to the right side, Step Lf fwd (3:00)

PART B : 32 Counts (3:00)

Section 1 : DIAGONAL STEP R FWD, TOUCH (with arm action), STEP BACK, TOUCH (with Fist Roll Bwd) , 1/8 TURN L VINE 1/4 TURN, STEP FWD

- 1 2 Step Rf to the right diagonal (raise right arm to right and above head), Touch Lf beside Rf (lower the right arm along the body and finish with a snap) (4:30)
- 3 4 Step back on Lf (Rolling Fist Bwd), Touch Rf beside Lf (slightly bent knees) (weight on Lf)
- Option : During the Step Back make a Body Roll Bwd and (Rolling Fist Bwd),**
- 5 6 7 8 1/8 Turn left Step Rf to right side, step Lf behind Rf, Make 1/4 turn right step Rf Fwd, Step Lf Fwd (6:00)

Section 2 : STEP FWD, 1/4 TURN, TOUCH, (with shimmy shoulders) 1/4 TURN STEP FWD, TOUCH (with shimmy shoulders) , V STEP (with arm action)

- 1 2 Step Rf Fwd turning 1/4 turn left, Touch Lf beside Rf (shimmy shoulders) (3:00)
- 3 4 1/4 turn left Step Lf Fwd, Touch Rf beside Lf (shimmy shoulders) (12:00)
- 5 6 7 8 Step Rf to right diagonal (R hand behind head) (1:30), Step Lf to left diagonal (L hand behind head) (10:30), Step back on Rf (R hand to the R hip) (12:00), Step Lf beside Rf (L hand to the L hip)

Section 3 : STEP TOUCH ACROSS, POINT, CROSS, MONTEREY 1/4 TURN, CROSS

- 1 2 Step Rf to the right side, Touch L Toe across Rf (weight on Rf)
- 3 4 Point Lf to the left side, Cross Lf over Rf (weight on Lf)
- 5 6 Point Rf to the right side, Make 1/4 turn right step Rf beside Lf (3.00)
- 7 8 Point Lf to the left side , step Lf cross over Rf (weight on Lf)

Section 4 : DIAGONAL STEP R FWD, TOUCH ACROSS, STEP BWD TOUCH BEHIND, 3/8 WALK AROUND

- 1 2 Step Rf to the right diagonal, Touch left Toe across Rf (weight on Rf) (4.30)
- 3 4 Step back on Lf, Touch right Toe behind Lf (right leg outstretched)
- 5 6 7 8 Walk around stepping R, L, R, L whilst making a 3/8 over R shoulder (9:00)

PART C : 16 Counts (12:00)

Section 1 : DIAGONAL FWD SIDE, TOGETHER, SIDE CHASSE, 1/4 TURN SIDE, TOGETHER, SIDE CHASSE, (with arms actions)

- 1 2 Make 1/8 turn L Step Rf to the right side (body front 10:30) (open the two feet and bend knees and open the 2 folded arms on each side closed fist), step Lf beside Rf (bring your 2 fists face to face elbows raised and open) (10:30)
- 3&4 Chasse R to the right side (Rolling Fist Fwd 3&4)
- 5-6 Make 1/4 turn R Step Lf to the L side (body front (1:30))(open the two feet and bend knees and open the 2 folded arms on each side closed fist), step Rf beside Lf (bring your 2 fists face to face elbows raised and open) (1:30)
- 7&8 Chasse L to the left side (Rolling Fist Fwd (7&8)) (1:30)

Section 2 : DIAGONAL BWD SIDE, TOGETHER, SIDE CHASSE (with Fist Roll), 1/4 TURN SIDE, TOGETHER, SIDE CHASSE, (with Fist Roll)

- 1 2 Step Rf to the right side Bwd (body front (1:30)) (open the two feet and bend knees and open the 2 folded arms on each side closed fist), Step Lf beside Rf (bring your 2 fists face to face elbows raised and open) (1:30)
- 3&4 Chasse R to the right side Bwd (Rolling Fist Fwd 3&4)
- 5-6 Make 1/4 turn L Step Lf to the left side Bwd (body front 10:30) (open the two feet and bend knees and open the 2 folded arms on each side closed fist), step Lf beside Rf (bring your 2 fists face to face elbows raised and open) (10:30)
- 7&8 Chasse L to the left side Bwd (Rolling Fist Fwd (7&8)) (10:30)

ENDING : 1/8 TURN STEP BACK & SIT ((with Fist Roll Bwd))

- 1 2 Make 1/8 turn left Step back on Rf and sit (bend knees & Rolling Fist Bwd &cross your arms) (Weight on Rf) (12:00)

HAPPY DANCING !

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