

How Do I Say Goodbye

COPPER **KNOB**
BY STEPHEN BEECH

拍数: 32 墙数: 2 级数: Intermediate NC
编舞者: Alison Metelnick (UK) & Peter Metelnick (UK) - November 2022
音乐: How Do I Say Goodbye - Dean Lewis



Start.....almost immediately. He sings "Early morning". Start on the word 'Morning' – Hint: if you stand with your right foot forward you can then listen to start the dance on count 2 as it is a very quick intro. Gives you a little breathing space. Song: 2mins 44secs – 160bpm
Music Available: Amazon

[1-8] R forward, L forward, ½ R pivot turn, L forward, R forward as you execute a full L spiral, L forward, ¼ L, step R to R side, L behind, R side

- 1-4 Step R forward, step L forward, pivot ½ right, step L forward (6 o'clock) (extended 5th)
- 5-6 Step R forward lifting L across as you spiral full turn left (6 o'clock), step L forward (extended 5th)
- 7-8& Turning ¼ left step to R side (optional sweep L from front to back) (3 o'clock), cross step L behind R, step R side

[9-17] L cross rock/recover, L side, cross step R over L, ¼ R, step L back, step R together, cross step L over R, step R to R side, L together, step R to R side, step L together, step R back

- 1-2&3 Cross rock L over R, recover weight on R, step L side, cross step R over L
- 4&5 Turning ¼ right step L back (6 o'clock), step R together, cross step L over R
- 6-7 Step R side, step L together (use hip motion as you move to the right)
- 8&1 Step R side, step L together, step R back

[18-25] Chassé L with ¼ L, step R forward, ¼ L pivot turn, cross step R over L, ½ R hinge, cross step L over R, R side rock/recover, cross step R over L

- 2&3 Step L side, step R together, turning ¼ L step L forward (3 o'clock)
- 4&5 Step R forward, pivot ¼ left (12 o'clock), cross step R over L
- 6&7 Turning ¼ right step L back (3 o'clock), turning ¼ right step R side (6 o'clock), cross step L over R
- 8&1 Rock R side, recover weight on L, cross step R over L

[26-32] L NC basic, R side, L coaster step, R ball step forward, R forward, L forward (optional L full turn forward)

- 2-3&4 Step L side, rock R back, recover weight on L, step R side
- 5&6 Step L back, step R together, step L forward
- &7 Step R forward, step L forward
- 8& Step R forward, step L forward

Optional turn 8& - On count 7 step L forward in extended 5th, then full turn L forward

TAG: after wall 3 – execute the first 6 counts and replace counts 7/8 with a walk forward R/L (you can execute a full left turn over these steps if you so desire)

ENDING: You will be facing the back wall start the dance again and execute the counts exactly the same as the tag and to finish strike a lovely pose!

Enjoy and happy dancing!

Tel: 01462 735778 Email: Alison @ alisonbiggs@virginmedia.com or Peter @ petermetelnick@virginmedia.com
Find us on Facebook as TheDanceFactoryUK

