

Rely on Me

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: Improver
编舞者: Tina Argyle (UK) - December 2022
音乐: Rely On Me - Sigala, Gabry Ponte & Alex Gaudino : (Amazon, iTunes etc)



No Tags or Re-Starts

Count In : 8 counts from very start of track approx 4 seconds in – start dancing with lyrics

Out, out, Hitch, Chasse ¼ Turn. Step ½ Sweep, Sailor Step with Heel

&1,2 Step out R step out L, hitch R knee towards L knee
3& 4 Step R to right side, close L at side of R, make ¼ turn right stepping forward R (3 o'clock)
5 - 6 Step forward L make ½ turn right sweeping R clockwise (9 o'clock)
7&8 Cross R behind L Step L to left side, touch R heel to right diagonal

(&) Cross, Side, Sailor Heel, & Cross, Side, Behind Side Cross

&1,2 Step R in place, Cross L over R step R to right side
3&4 Cross L behind R, step R to right side, touch L heel to left diagonal
&5,6 Step L in place cross R over L, step L to left side
7&8 Cross R behind L, step L to left side cross R over L

Side Rock Recover, Cross Shuffle ½ Hinge Turn, Samba Step

1 - 2 Rock L to left side, recover
3&4 Cross L over R, step R to right side, cross L over R
5 - 6 Make ¼ turn left stepping back R, make ¼ turn left stepping L to left side (3 o'clock)
7&8 Cross R over L, step L to left side, step R in place

Samba Step, Rock Forward, Recover, ½ Turn. Step ½ Pivot Turn, Step

1&2 Cross L over R, step R to right side, step L in place
3 - 4 Rock forward R, recover
5 Make ½ turn right stepping forward R, (9 o'clock)
6 - 8 Step forward L, Make ½ pivot turn right onto R, Step forward L (3 o'clock)
