

It's a Trustfall, Baby

COPPER KNOB
BY STEPHENETS

拍数: 32 墙数: 4 级数: High Improver
编舞者: Tom Inge Soenju (NOR) - February 2023
音乐: TRUSTFALL - P!nk



Note: This dance has some step options to make it easier or a bit more challenging.

Intro: 16 counts.

Sequence: Repeating sequence.

Tag/Restart: 1, 8C tag after wall 5.

End: Dance as normal until music ends and turn to 12 o' clock and pose.

SECTION 1: SYNC SIDE ROCKS (R/L), ROCK-RECOVER, ½ R SHUFFLE TURN

1-2& Step (rock) RF to R side, Transfer weight onto LF, Step RF beside to LF
3-4& Step (rock) LF to L side, Transfer weight onto RF, Step LF beside to RF
5-6 Rock RF fwd, Transfer weight onto LF
7&8 ¼ R turn stepping RF to R side, Step LF next to RF, ¼ R turn stepping RF fwd [06:00]

SECTION 2: FULL R TURN WITH SWEEP, BEHIND, SIDE, CROSS SHUFFLE

1-2-3-4 Step LF fwd, ½ R turn (weight on RF), ½ R turn stepping LF back, Sweep RF from front to back [06:00]
5-6 Step RF behind LF, Step LF beside RF
7&8 Cross RF over LF, Step ball of LF next to RF, Cross RF over LF

(Easier Step Option: Change C1-3 with Rock LF fwd (1), Transfer weight onto RF (2), Step LF back (3))

SECTION 3: L SIDE ROCK-RECOVER, BEHIND, SIDE ROCK-RECOVER, SYNC JAZZ BOX CROSS

1-2-3 Rock LF to L side, Transfer weight onto RF (Step RF down), Step LF behind RF
4-5-6 Rock RF to R side, Transfer weight onto LF (Step LF down), Cross RF over LF
7&8 Step LF back, Step ball of RF next to LF, Cross LF over RF
(Step Option: Change C3-4 with a Full L turn: ½ L turn stepping LF to L side (3) [12:00], ½ L turn rocking RF to R side(4)[06:00])

SECTION 4: MODIFIED ¼ R MONTEREY TURN, JAZZ BOX CROSS

1-2 Point RT to R side, ¼ R turn dragging RF beside LF (weight on RF) [09:00]
3&4 Point LT to L side, Step LF beside RF, Point RT to R side
5-6-7-8 Cross RF over LF, Step LF back, Step RF to R side, Cross LF over RF

TAG DO THE TAG AFTER WALL 5

SECTION 1: SYNC ROCK X4

1-2& Step (rock) RF to R side, Transfer weight onto LF, Step RF beside to LF
3-4& Step (rock) LF to L side, Transfer weight onto RF, Step LF beside to RF
5-6& Rock RF fwd, Transfer weight onto LF, Step RF beside LF
7-8& Rock LF fwd, Transfer weight onto RF, Step LF beside RF

Start again and enjoy! Happy Dancing!

Contact: If anything is unclear or if you would like additional information, please contact me:

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