

Pull Up a Chair

COPPER KNOB
BY SHEETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Shelly Guichard (UK), Dee Musk (UK) & Kate Sala (UK) - February 2023
音乐: Lonely Ain't So Lonely - Brett James : (Album: I Am Now)



#8 Counts Intro. The Dance Starts Just Before The Vocals – Approx 6 Secs. Track - 3 Mins 32 Secs. BPM 72.
Track Available From Itunes.Co.Uk Deedeemusk@Gmail.Com

Step, Forward Mambo, Run Back Right, Left, Rock Back With Shoulder Pull Back, Recover, ¼ Turn Left, Behind, ½ Triple Turn Right.

1,2&3 Step Forward On R, Rock Forward On L, Recover Weight To R, Step Back On L.
4& Run Back R, Run Back L.
5,6 Rock Back On R (Pulling R Shoulder Back), Recover Weight To L.
&7 Make A ¼ Turn L Stepping R To R Side, Cross Step L Behind R.
8&1 Make A ½ Triple Turn R Stepping R, L, R (Keep The Turn On The Spot).(3.00).

Full Triple Turn Left With Sweep, Cross, Side, Behind, Sweep, Behind, Side, Step Forward, Lock Step Forward.

2&3 Make A Full Triple Turn L Stepping L, R, L Sweeping R To In Front Of L.
4&5 Cross R Over L, Step L To L Side, Cross Step R Behind L Sweeping L To Behind R.
6& Step L Behind R, Step R To R Side, Step Forward On L.
8& Step Forward On R, Cross Step L Behind R. *Restart Here During Wall 2*.
1 Step Forward On R. (3.00).

Mambo ¼ Turn Left, Behind, Side, Cross, Sway Left, Sway Right, 1/8 Turn Left, Sailor Step With Right Hitch.

2&3 Rock Forward On L, Recover Weight To R, Make ¼ Turn L Stepping L To L Side.
4&5 Cross Step R Behind L, Step L To L Side, Cross R Over L.
6,7 Sway L, Sway R.
8&1 Make 1/8 Turn L Cross Stepping L Behind R, Step R To R Side, Step Forward On L Hitching R Knee. (10.30).

Step Back, Hook With Toe Touch, Step Forward, Sweep Mambo ½ Turn Right, Full Turn Right, 1/8 Turn Right, Side, Sweep Behind ¼ Turn Right, Side Left.

2,3 Step Back On R And Hook L With L Toe In Front Of R, Step Forward On L (10.30).
4&5 Sweep R Round To In Front Of L And Rock Forward On R, Recover Weight To L, Make ½ Turn R Stepping Forward On R (4.30).
6&7 Travelling Forward Make ½ Turn R Stepping Back On L, Make ½ Turn R Stepping Forward On R, Make 1/8 Turn R Stepping L To L Side. (6.00).
8& Make A ¼ Turn R Sweep R And Step R Behind L, Step L To L Side. (9.00).

****Restart - During Wall 2 - Begin Again Facing 12.00.**

Ending – Dance To Count 8&1 Of Section 2 – Then Mambo Forward And Drag Right To Beside Left. Or Make Your Own !

Enjoy