

See Me Through It

COPPER **NOB**
BY STEPHEN HEATH

拍数: 48 墙数: 1 级数: Phrased Intermediate
编舞者: Michelle Gates (USA) - February 2023
音乐: See Me Through It - Brandon Heath



Overall: AA BB AA BB CC BB A(½)

PHASE A: 16c

WALK WALK, MAMBO STEP, WALK BACK, LOCK STEP, STEP

1,2 Walk forward R then L
3&4 Rock forward R, recover L, step back R
5 Step back L
6&7, 8 Step back R, step L back across right, step back R, step L beside R

ROCK RECOVER CROSS, ROCK RECOVER CROSS, STEP ½ TURN, STEP ½ TURN

1&2 Step R to side, step left in place, step R across L
3&4 Step left to side, step R in place, step L across R
5,6 Step R turning ½ to left
7,8 Step R turning ½ to left

PHASE B: 16c

VINE & SCUFF, STEP SCUFF STEP SCUFF WITH ½ TURN, VINE & SCUFF, STEP SCUFF STEP SCUFF WITH ½ TURN

1&2& Step R to side, step L behind, step R to side, scuff L foot
3&4& Step L turning ¼ right, scuff R, step R turning ¼ to right, scuff L
5&6& Step L to side, step R behind, step L to side, scuff R
7&8& Step R turning ¼ left, scuff L, step L turning ¼ to left, scuff R

SYNCOPATED MONTEREY TURN ½ TURN, SYNCOPATED MONTEREY ½ TURN

1&2& Point R to right, step R beside L, point L to left, step L beside R
3,4 Point R to right, turn ½ to right stepping weight on R
5&6& Point L to left, Step L beside R, point R to right, step R beside L
7,8 Point L to left, turn ½ turn to left stepping weight on L

PHASE C: 16c

HEEL, HEEL, HEEL HITCH STEP, HEEL, HEEL, HEEL HITCH STEP

1&2& Touch R heel out front, step R beside L, touch L heel out front, step L beside R
3&4 Touch R heel out front, ¼ hitch with R under L knee, touch R heel out front, step R beside L
5&6& Touch L heel out front, step L beside R, touch R heel out front
7&8 Touch L heel out front, ¼ hitch with L under R knee, touch L out front, step L beside R

OUT OUT, TWIST TOES HEELS TOES, SAILOR , SAILOR

1,2 Step R forward and slightly out to right, step L forward and slightly out to left
3&4 Twist toes in, twist heels in, twist toes in (feet should be back together)
5&6 Right sailor, weight on left, right foot behind, left step in place, step right foot beside
7&8 Left Sailor, weight on right foot, left foot behind, right step in place, step right food beside

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