

I Wrote A Dance

COPPER KNOB
BY STEPHEN

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Ross Brown (ENG) - April 2023
音乐: I Wrote A Song - Mae Muller : (CD: I Wrote A Song - Single)
或: Sleepwalker - Ava Max



Intro : 16 Counts (Approx. 7 Seconds)

Tags : Danced at the Ends of Walls 1 & 3 facing the Back Wall. See End of Script.

WALK FORWARD. RONDE HITCH, CROSS, BACK ¼ TURN R. SHUFFLE ¼ TURN R.

1 – 2 – 3 – 4 Walk forward; R, L, R, L.

5 – 6 – 7 Ronde hitch R forward, cross step R over L, make a ¼ turn R stepping L back.

8 & 1 Make a ¼ turn R stepping; R to R, L next to R, R to R.(6 O'CLOCK)

Note : Feel free to throw in some exciting arm actions during the Walk Forward.

If dancing to the Alternative Track, you may want to pretend to be Sleepwalking.

CROSS ROCK. CHASSE LEFT. CROSS, BACK. OUT, OUT, BALL, CROSS.

2 – 3 Cross rock L over R, recover onto R.

4 & 5 Step L to L, close R up to L, step L to L.

6 – 7 Cross step R over L, step L back.

& 8 & 1 Step R to R, step L to L, step R next to L, cross step L over R.(6 O'CLOCK)

MONTEREY HOOK ½ TURN R. SHUFFLE FORWARD. FORWARD ROCK. BACK, TOUCHES.

2 – 3 Point R to R, make a ½ turn R hooking R across L shin.

4 & 5 Step R forward, close L up to R, step R forward.

6 – 7 Rock L forward, recover onto R.

& 8 & 1 Step L back, touch R forward, step R back, touch L forward. (12 O'CLOCK)

HOLD, SIDE ¼ TURN L. SYNCOPATED SIDE SWITCHES. ROLLING VINE FULL TURN L.

2 & 3 Hold for Count 2, make a ¼ turn L stepping L to L, point R to R.

4 & 5 Hold for Count 4, step R next to L, point L to L.

6 – 7 – 8 Make a ¼ turn L stepping L forward, make a ½ turn L stepping R back, make a ¼ turn L stepping L to L.(9 O'CLOCK)

JAZZ BOX. SHUFFLE FORWARD. CROSS, BACK ¼ TURN R. CHASSE ¼ TURN R.

1 – 2 – 3 Cross step R over L, step L back, step R to R.

4 & 5 Step L forward, close R up to L, step L forward.

6 – 7 Cross step R over L, make a ¼ turn R stepping L back.

8 & 1 Step R to R, close L up to R, make a ¼ turn R stepping R forward. (3 O'CLOCK)

SIDE ¼ TURN R, BEHIND. CHASSE ¼ TURN L. STEP, PIVOT ½ TURN L. SIDE ¼ TURN L, TOGETHER.

2 – 3 Make a ¼ turn R stepping L to L, cross step R behind L.

4 & 5 Step L to L, step R next to L, make a ¼ turn L stepping L forward.

6 – 7 Step R forward, pivot a ½ turn L.

8 & Make a ¼ turn L stepping R to R, step L next to R. (6 O'CLOCK)

HIP ROLL RIGHT with TAP. HIP ROLL LEFT with TAP. SAILOR STEPS; R & L.

1 – 2 Step R to R rolling hips anticlockwise, tap L to L.

3 – 4 Step L to L rolling hips clockwise, tap R to R.

5 & 6 Cross step R behind L, step L to L, step R to R.

7 & 8 Cross step L behind R, step R to R, step L to L. (6 O'CLOCK)

STEP, PIVOT ½ TURN L. SHUFFLE FORWARD. STEP, PIVOT ½ TURN R. SHUFFLE FORWARD.

1 – 2 Step R forward, pivot a ½ turn L.
3 & 4 Step R forward, close L up to R, step R forward.
5 – 6 Step L forward, pivot a ½ turn R.
7 & 8 Step L forward, close R up to L, step L forward. (6 O'CLOCK)

END OF DANCE! □

TAG : DANCED AT THE END OF WALLS 1 & 3 FACING BACK WALL BOTH TIMES.

1 – 2 – 3 – 4 Rock R forward, recover onto L, rock R back, recover onto L.

Alternative Music : Sleepwalker by KOMfKGicFm4 [Length – 3:11]

CD: Diamonds & Dancefloors (126 BPM)

Intro : 16 Counts (Approx. 7 Seconds)

Restarts : On Walls 1 & 3, restart the dance after 56 Counts facing the Back Wall.

Tag : Danced TWICE at the End of Wall 4 facing the Front Wall.
