

Keep Dancing

COPPER KNOB
BYEPOSTETS

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Gary Lafferty (UK) - May 2023
音乐: We Own The Night - Sophie and the Giants



Music Info: 16-count intro - no tags & no restarts!

WEAVE TO LEFT with POINT; STEP DIAGONALLY-FORWARD, ½ TURN BACK, STEP BACK, DOUBLE-CLAP

- 1-2 Cross-step Right foot over Left, step to Left on Left foot
- 3-4 Cross-step Right foot behind Left, touch Left foot to back-Left diagonal
- 5-6 Step forward to the front-Right diagonal (1:30) on Left foot, turn ½ Left (7:30) stepping back on Right foot
- 7&8 Step back on Left foot (7:30), clap hands twice

ROCK BACK, RECOVER, RIGHT KICK-BALL-STEP; 2 x HEEL STEPS TRAVELLING FORWARD

This entire section is doing facing the 7:30 back Right diagonal wall

- 1-2 Rock back on Right foot, recover weight onto Left foot
- 3&4 Kick Right foot forward, step down on right foot, step forward on Left foot
- 5-6 Touch Right heel forward, step down onto Right foot
- 7-8 Touch Left heel forward, step down onto Left foot

ROCK FORWARD, RECOVER, TRIPLE ½ TURN; SIDE-ROCK, RECOVER, CROSS-STEP, DOUBLE-CLAP

- 1-2 Rock forward on Right foot (7:30), recover weight back onto Left foot
- 3&4 Make ½ shuffle turn back over Right shoulder stepping on Right-Left-Left (now facing 1:30)
- 5-6 Making 1/8 turn Right (3:00) rock to Left on Left foot, recover weight onto Right foot
- 7&8 Cross-step Left foot over Right, clap hands twice

¼ MONTEREY TURN then ¼ MONTEREY TURN with CROSS

- 1-2 Point Right foot out to Right side, turn ¼ Right stepping down onto Right (6:00)
- 3-4 Point Left foot out to Left side, step on Left foot beside Right
- 5-6 Point Right foot out to Right side, turn ¼ Right stepping down onto Right (9:00)
- 7-8 Point Left foot out to Left side, cross-step Left foot over Right

SYNCOPATED GRAPEVINE to RIGHT; ROCK BACK, RECOVER, KICK-BALL-CROSS

- 1-2& Step to Right on Right foot, cross-step Left foot behind Right, step to Right on Right foot
- 3-4 Cross-step Left foot over Right, step to Right on Right foot
- 5-6 Rock back on Left foot, recover weight onto Right foot
- 7&8 Kick Left foot forward, step down on Left foot, cross-step Right foot over Left

WEAVE TO LEFT; LEFT SIDE-SHUFFLE, ROCK BACK, RECOVER

- 1-2 Step to Left on Left foot, cross-step Right foot behind Left
- 3-4 Step to Left on Left foot, cross-step Right foot over Left
- 5&6 Step to Left on Left foot, step on Right foot beside Left, step to Left on Left foot
- 7-8 Rock back on Right foot, recover weight onto Left foot

SIDE, HOLD & SIDE, TOUCH; ¼ TURN, ¼ TURN, ¼ SAILOR TURN

- 1-2& Step to Right on Right foot, hold, step on Left foot beside Right
- 3-4 Step to Right on Right foot, touch Left foot beside Right
- 5-6 Turn ¼ Left stepping forward on Left foot (6:00), turn ¼ Left stepping to Right on Right foot (3:00)
- 7&8 Left sailor step making ¼ turn Left (12:00)

WALK RIGHT then LEFT, SHUFFLE FORWARD ON RIGHT; ROCK FORWARD, RECOVER, 5/8 TURN, FLICK

- 1-2 Step forward on Right foot, step forward on Left foot
- 3&4 Step forward on Right foot, step on Left foot beside Right, step forward on Right foot
- 5-6 Rock forward on Left foot, recover weight onto Right foot
- 7-8 Turn 5/8 Left to face back-Left diagonal (4:30), flick Right foot backwards & upwards

START AGAIN

Optional starting position □ – turn your body to face Left diagonal (10:30) with the Right foot pointed out to Right side. On count 16 of the intro there's a very heavy beat ... flick Right foot backwards & upwards – then you start the dance on count 1
