

Wo Nan Guo

COPPER KNOB
BY SHEETS

拍数: 68 墙数: 2 级数: Phrased High Intermediate
编舞者: Ernie Yin (INA) - March 2024
音乐: Wo Nan Gu (我難過) - Desy Huang (黄家美) : (Cover)



Sequence : A B B Tag B B Tag A B B Tag B B B B-(RESTART) B

PART A

I. BACK SWEEP - COASTER - FULL + 1/4 TURN - CLOSE - WEAVE

- 1 Step Lf back sweep Rf from front to back
- 2 & 3 Step Rf back - Close Lf beside Rf - Step Rf forward
- 4 & 5 Turn 1/2 right Step Lf back - Turn 1/2 right step Rf forward - Turn 1/4 right Step Lf to side (03.00)
- 6 & 7 Close Rf beside Lf - Step Lf cross over Rf - Step Rf to side
- & 8 & Step Lf behind Rf - Step Rf to side - Step Lf cross over Rf

II. LIFT LEG - CROSS ROCK - BASIC NCS L - WALK AROUND TURN - WEAVE

- 1 Step Rf to side lift up Lf to side
- 2 & 3 Step Lf cross over Rf - Recover on Rf - Step Lf to side
- 4 & 5 Step Rf close behind Lf - Step Lf cross over Rf - Turn 1/4 Step Rf forward
- 6 & 7 Close Lf beside Rf Turn 3/4 Right - Step Rf cross over Lf - Step Lf to side (03.00)
- & 8 & Step Rf behind Lf - Step Lf to side - Turn 1/8 Left Step Rf forward (01.30)

III. BACK SWEEP - COASTER - CHASE TURN - FULL TURN - ROCKING CHAIR

- 1 Step Lf back Sweep Rf from front to back (01.30)
- 2 & 3 Step Rf back - Close Lf beside Rf - Step Rf forward
- 4 & 5 Step Lf forward - Turn 1/2 Right Step on Rf - Step Lf forward
- 6 & 7 Turn 1/2 Left Step Rf back - Turn 1/2 Left Step Lf forward - Step Rf forward (07.30)
- & 8 & Recover on Lf - Step Rf back - Recover on Lf

IV. BASIC NCS R - PASSING RIGHT - BASIC NCS R - DOUBLE FULL TURN

- 1 2 & Turn 1/8 Left Step Rf to side - Close Lf behind Rf - Step Rf cross over Lf (06.00)
- 3 4 & Turn 1/4 Right Step Lf back - Turn 1/4 Right Step Rf to side - Step Lf cross over Rf (12.00)
- 5 6 & Step Rf to side - Close Lf behind Rf - Step Rf cross over Lf
- 7 & Turn 1/4 Right Step Lf back - Turn 1/2 Right Step Rf forward
- 8 & Turn 1/2 Right Step Lf back - Turn 1/2 Right Step Rf forward

V. DIAMOND 1/2 - BASIC NCS L - SPIRAL - FORWARD - ROCK SWEEP

- 1 Turn 1/4 Right Step Lf to side (12.00)
- 2 & 3 Turn 1/8 right Step Rf back - Step Lf back - Turn 1/8 Right Step Rf to side
- 4 & 5 Turn 1/8 Right Step Lf forward - Step Rf forward - Turn 1/8 Right Step Lf to side (06.00)
- 6 & 7 Close Rf behind Lf - Step Lf cross over Rf - Step Rf diagonally right Spiral Turn full Left weight on Rf (06.00)
- 8 & Step Lf forward - Step Rf forward

VI. BACK SWEEP - BEHIND SIDE CROSS - ARABESQUE - BACK SIDE CROSS - HITCH - WALK BACK - UNWIND

- 1 Step Lf back Sweep Rf from front to back
- 2 & 3 Step Rf behind Lf - Step Lf to side - Turn 1/8 Left Step Rf forward Lift Lf up back
- 4 & 5 Step Lf back - Turn 1/8 Right Step Rf to side - Turn 1/8 Right Step forward Hitch Rf forward (07.30)
- 6 & 7 Step Rf back - Step Lf back - Cross Rf over Lf
- 8 Unwind full turn Left weight on Lf

VII. SIDE - CROSS - RECOVER - TOUCH

- 1 2 Turn 1/8 Left Step Rf to side - Step Lf cross over Rf (06.00)
3 4 Recover on Rf - Touch Lf to side

PART B

I . CROSS ROCK - SIDE ROCK - WEAVE - TURN 1/4 L BACK - RECOVER - TURN 3/4 R - CROSS - SIDE

- 1 & Step Lf cross over Rf - Recover on Rf (06.00)
2 & Step Lf to side - Recover on Rf
3 & 4 Step Lf behind Rf - Step Rf to side - Step Lf cross over Rf
& 5 Step Rf to side - Turn 1/4 Left Step Lf back (09.00)
6 & 7 Recover on Rf - Turn 1/2 Right Step Lf back - Turn 1/4 Right Step Rf to side (12.00)
8 & Step Lf cross over Rf - Step Rf to side

II . SWEEP - BEHIND SIDE FORWARD - CHASE TURN 2X - FULL TURN

- 1 Step Lf behind Rf Sweep Rf from front to back
2 & 3 Step Rf behind Lf - Step Lf to side - Step Rf forward
4 & 5 Step Lf forward - Turn 1/2 Right Step on Rf - Step Lf forward (06.00)
6 & 7 Step Rf forward - Turn 1/2 Left Step on Lf - Step Rf forward (12.00)
8 & Turn 1/2 Right Step Lf back - Turn 1/2 Right Step Rf forward (12.00)

TAG : WALK FORWARD

- 1 2 Step Lf forward - Step Rf forward

B- (RESTART)

- 1 & Step Lf cross over Rf - Recover on Rf
2 & Step Lf to side - Recover on Rf
3 & 4 Step Lf behind Rf - Step Rf to side - Step Lf cross over Rf
& 5 Step Rf to side - Turn 1/4 Left Step Lf back
6 & 7 Recover on Rf - Turn 1/2 Right Step Lf back - Turn 1/4 Right Step Rf to side
8 HOLD

HAVE FUN & ENJOY ...
