

More Than Enough

COPPER KNOB
BY STEPHEN HETS

拍数: 32 墙数: 2 级数: Intermediate NC
编舞者: Chandrani Eilena Emmiyan (INA) - April 2024
音乐: You Are More Than Enough (Acoustic) - Fearless Soul



Intro: 16 Counts - No Restart

Tag (10 counts) : at the end of Wall 3 (facing 6.00)

Start the dance with body weight on R

Session 1 - ROUND SHUFFLE, TWINKLE (L R)

- 1& Turn ¼ to left step L forward, Close R next to L (9.00)
2& Turn ¼ to left step L forward, Close R next to L (6.00)
3&4 Turn ¼ to left & step L forward, Close R next to L (3.00), Turn ¼ to left step L forward (12.00)
5&6 Step R diagonally to left (11.30), Squaring back to 12.00 & step L to left side, Recover onto R with body alignment to 1.30
7&8 Step L forward, Squaring back to 12.00 & step R to right side, Recover onto L (facing 12.00)

Session 2 - UNWIND WITH SWEEP, BACK, ROCK BACK-RECOVER, ½ LEFT BACK, ROCK BACK-RECOVER, ¼ RIGHT SIDE, BACK

- 1-4 Cross R over L & full turn to left while sweeping L from front to back in 2 counts, Step L back, Rock R back
5&6 Recover onto L, Turn ½ to left & step R back (6.00), Rock L back
7&8 Recover onto R, Turn ¼ to right & step L to left side (9.00), Step R back

Session 3 - WALK (x2), LOCK STEP, ROCK FORWARD-RECOVER, ¼ RIGHT SLIDE NC, ¾ RIGHT HINGE TURN

- 1-2 Walk on L, R
3&4 Step L forward, Close R on ball close behind L, Step L forward
5&6 Rock R forward, Recover on L, Turn ¼ to right & slide R to right side (12.00)
7&8 Close L behind R, Cross R over L, Spiral ¾ to right (9.00)

Session 4 - RUN-FORWARD LUNGE, COASTER ¼ LEFT WITH SWEEP

- 1&2 Run (R, L), Lunge forward on R
3&4 Recover onto L, Close R next to L, Turn ¼ to left & step L forward while sweeping R from back to front (6.00)
5&6 Cross R over L, Step L to left side, Close R behind L while hitching L & making 4 figure
7-8 Step down on L, Step R to right side

TAG (10 Counts) - 3 STEPS TURN (x 2), BODY SWAY (x 4), DRAG

- 1&2 Turn ¼ to left & step L forward (3.00), Turn ½ to left & step R back (9.00), Turn ¼ to left & step L to left side (6.00)
3&4 Turn ¼ to right & step R forward (9.00), Turn ½ to right & step L back (3.00), Turn ¼ to right & step R to right side (6.00)
5-8 Body sway (L R L), Body sway with R slide to right side
9-10 Drag L towards R in 2 counts

Happy dancing

Dancing from the heart

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