

Born This Way

COPPER KNOB
BY STEPHEN

拍数: 96 墙数: 2 级数: Phrased Advanced
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音乐: Born This Way - Monarch Cast & Beth Ditto



Sequence: INTRO (32c) – A (32c) – B (32c) – C (32c) – TAG (18c) – B – A – A – B – C – B – FINAL (16c)

INTRO: 32c

SHUFFLE FORWARD RIGHT, ROCK, WAVE ¼ TURN

1&2 Step right forward, step left beside right, step right forward
3-4 Step left forward, recover on right
5-6 Step left ¼ turn left, crossright over left
7-8 Step left to left, cross right behind left

STEP, HEEL & TOES TOUCH , UNWIND ½ LEFT, HOLD

1-2 Step left to left side, touch right heel forward
3-4 Touch right toe to right side, touch right toe back
5-6 Cross right over left turning on ball ½ left (h12), step right on ball
7-8 Hold, hold

SHUFFLE FORWARD LEFT, ROCK, WAVE ½ TURN

1&2 Step left forward, step right beside right, step left forward
3-4 Step right forward, recover on left
5-6 Step right ¼ turn right, cross left over right
7-8 Step right to right side, crossleft behind right

STEP, HEEL& TOES TOUCH, UNWIND ½ TURN, HOLD

1-2 Step right to right side, touch left heel forward
3-4 Touch left toe to left side, touch left toe back
5-6 Cross left over right turning on ball ½ right, weight final on left
7-8 Hold, hold

PART A:32c

SHUFFLE DIAGONAL FORWARD X2, ROCK FORWARD, SLIDE BACK TURN 1/8 LEFT

1&2 Step left forward diagonal left, step right together, step left forward diagonal left (h10,30)
3&4 Step right forward diagonal left, step left together, step right forward diagonal left
5-6 Step left diagonal forward, recover on right
7-8 Long step left back turning 1/8 left (h9), slide right together left (weight on left)

TURN ¼ x 4, VAUDEVILLE x 2

1-2 Turn ½ left and step right side (h9), turn ½ left and step left side (h6)
3-4 Turn ½ left and step right side (h9), turn ½ left and step left side (h6)
5&6& Cross right over left, step left back, touch right heel diagonal forward, recover to right
7&8 Cross left over right, step right back, touch left heel forward

HEEL GRIND TURN, COASTER STEP, KICK BALL STEP X 2

1-2 Tap left heel forward, turn ¼ left rolling left toe to left (h6)
3&4 Step left back, step right beside left, step left forward
5&6 Kick right forward, step right in ball, step left forward
7-8 Kick right forward, step right in ball, step left forward

ROCK STEP, STEP TURN, TOUCH, STEP PIVOT ½ TURN, SCUFF

1-2 Step right forward, recover to left

- 3-4 Turn ½ turn right and step right side, touch left toe back beside right
- 5-6 Turn ½ left and step left forward, step right forward
- 7-8 Turn ½ left, scuff right

PART B: 32 c

SYNCOPATED WAVE, HEEL JACK, SHUFFLE CROSS, HEEL JACK, SHUFFLE CROSS

- &1&2 Step right to right, cross left behind right, step right to right, cross left over right
- &3&4 Step right back, touch left heel forward, step left beside right, cross right over left
- &5&6 Step left to left, cross right over left, step left back, touch right heel forward
- &7&8 Step right beside left, cross left over right, right beside left, cross left over right

ROCK ¼ TURN, COASTER STEP, STEP, ¼ TURN, TOUCH, JUMPING TOUCH X3

- 1-2 Step right ¼ turn right, recover on left (h3)
- 3&4 Step right back, step left beside right, step right forward
- &5 Step left and turn ¼ right (h6), touch right toe beside left
- &6 Step right to right side, touch left toe beside right
- &7 Step left forward, step right on ball
- &8 Step left forward, touch right toe beside left

ROCK & HEEL, CROSS & KICK, SHUFFLE CROSS, ROCK STEP ¼ TURN

- &1 Step right diagonal back, touch left heel diagonal forward
- &2 Step left beside right, kick right diagonal forward
- &3 Step right back, touch left heel forward
- &4 Step left on ball, cross right over left
- &5 Step left back, touch right heel forward
- &6 Step right beside right, cross left over right
- &7 Step right to right, cross left over right
- &8 Turn ¼ right and step right forward (h9)

STEP, FLICK, KNEE POPS, KICK, HOOK

- 1-2 Recover on left, step right to right ¼ turn right (h12)
- 3-4 Flick left back, step left to left
- 5-6 Turn right knee in, turn right knee out
- 7-8 Kick right forward, hook right over left

PART C: 32c

LOCK SHUFFLE FORWARD X2, HEEL HOOK, HEEL FLICK, HEEL SWIVEL

- 1&2 Step right diagonal forward, lock step left behind right, step right diagonal forward
- 3&4 Step left diagonal left, lock step right behind left, step left diagonal left
- &5&6 Touch right heel forward, hook right over left, touch right heel forward, flick right back
- &7&8 Touch right forward, swivel right heel to right, return right to center, step right beside left

ROCK STEP, SAILOR ¼ TURN, LONG STEP ¼ TURN, SLIDE, LONG STEP, SLIDE

- 1-2 Step left forward, recover on right
- 3&4 Cross left behind right, step right on ball, step left ¼ turn left (h9)
- 5-6 Long step right to right turning ¼ left, slide left beside right
- 7-8 Long step left to left, slide right beside left

LOCK SHUFFLE FORWARD X2, HEEL HOOK, HEEL FLICK, HEEL SWIVEL

- 1&2 Step right diagonal forward, lock step left behind right, step right diagonal forward
- 3&4 Step left diagonal left, lock step right behind left, step left diagonal left
- &5&6 Touch right heel forward, hook right over left, touch right heel forward, flick right back
- &7&8 Touch right forward, swivel right heel to right, return right to center, step right beside left

ROCK STEP, SAILOR ¼ TURN, LONG STEP ¼ TURN, SLIDE, LONG STEP, SLIDE

1-2 Step left forward, recover on right
3&4 Cross left behind right, step right on ball, step left ¼ turn left (h9)
5-6 long step right to right turning ¼ left, slide left beside right
7-8 Long step left to left, slide right beside left

TAG

CLAP X 8 WALKING AROUND IN A CIRCLE (CLOCKWISE)

1-8 Walk & Clap

(SHUFFLE FORWARD, SHUFFLE LEFT TURN ½ LEFT) X2

1&2 Step right forward, step left beside right, step right forward
3&4 Step left to left, step right together, step left to left
5&6 Step right forward, step left beside right, step right forward
7&8 Step left to left, step right together, step left to left

VAUDEVILLE X2, CROSS, UNWIND 1 TURN, HOLD, HOLD

1&2 Cross right over left, step left back, touch right heel diagonal forward
&3&4& Recover right beside left, cross left over right, step right back, touch left heel forward, recover left beside right
5-6-7-8 Cross left over right turning on ball right, weight final on left
1-2 Hold, hold

FINAL

STOMP, HOLD, STOMP, HOLD

1-2-3-4 Stomp right on place, hold, hold, hold
5-6-7-8 Stomp left on place, hold, hold, hold

ROCKING CHAIR, FULL TURN, STEP, TOUCH

1-2-3-4 Step right forward, recover on left, step right back, recover on left
5-6 Turn ½ left and step right back, turn ½ left and step left forward
7-8 Step right forward, touch left toe beside

Last Update: 2 Jul 2024
