

My Roots

COPPER KNOB
BY STEPHEN

拍数: 48
编舞者: Kim Ray (UK) - July 2024
音乐: Roots - Calum Scott

级数: High Intermediate



Sequence: 48 32 32 48 32 32 48 32

Intro: 16 counts

S1 WALKS FORWARD, ANCHOR STEP, ½ TURN LEFT, ¼ TURN LEFT, BEHIND SIDE CROSS

- 1-2 Walk forward right, walk forward left
- 3&4 Step right behind left, step left in front of right, step right behind left
- 5-6 ½ turn left stepping forward on left, ¼ turn left stepping right to right side (3:00)
- 7&8 Cross left behind right, step right to right side, cross left over right

S2 BALL CROSS ROCK/RECOVER, LEFT TO LEFT SIDE, CLOSE, CHASSE ¼ TURN LEFT, PIVOT ½ TURN LEFT

- &1-2 Step right to right side, cross rock left over right, recover back on right
- 3-4 Step left to left side, step right next to left dipping knees slightly
- 5&6 Step left to left side, step right next to left, ¼ turn left stepping forward on left (12:00)
- 7-8 Step forward on right, ½ pivot turn left (6:00)

S3 FULL TURN LEFT, DOROTHY STEPS, FORWARD HEEL TOUCHES

- 1-2 ½ turn left stepping back on right, ½ turn left stepping forward on left
- 3-4& Step forward on right to right diagonal, cross left behind right, step right next to left
- 5-6& Step forward on left to left diagonal, cross right behind left, step left next to right
- 7&8& Touch right heel forward, step right in place, touch left heel forward, step left in place (6:00)

S4 FORWARD ROCK/RECOVER, RIGHT ANCHOR STEP, LEFT ANCHOR STEP, BACK HITCH/RECOVER

- 1-2 Rock forward on right, recover back on left
- 3&4 Step right behind left, step forward on right, step right behind left (travelling slightly back)
- 5&6 Step left behind right, step forward on left, step left behind right (travelling slightly back)
- 7-8 Step back on right & hitch left knee, recover forward on left (6:00) (RESTARTS HERE, SEE ABOVE SEQUENCE)

S5 FORWARD ROCK/RECOVER, SAILOR ½ TURN CROSS, SIDE ROCK/RECOVER, BEHIND SIDE CROSS

- 1-2 Rock forward on right, recover back on left
- 3&4 Cross right behind left making ½ turn right, step left to left side, cross right over left (12:00)
- 5-6 Side rock left to left side, recover on right
- 7&8 Cross left behind right, step right to right side, cross left over right

S6 MODIFIED MONTARY ½ TURN RIGHT, CROSS, BACK, & SWITCH RIGHT & LEFT &

- 1-2 Rock right to right side, recover side left
- & ½ turn right stepping right in place (6:00)
- 3-4 Rock left to left side, recover side right
- 5-6 Cross left over right, step back on right
- & Step left next to right
- 7&8& Touch right toe to right side, step right in place, touch left toe to left side, step left in place (6:00)

To finish: dance last 32 counts of sequence then step forward on right (12:00).

