

Coming For You

COPPER KNOB
BY STEPHEN METZ

拍数: 80 墙数: 2 级数: Phrased Advanced
编舞者: Niels Poulsen (DK) - November 2024
音乐: Wake Up - Imagine Dragons : (iTunes)



Intro: 16 counts from beginning of track. App. 10 secs. into track. Start with weight on L foot

Sequence: A, B, A, B, A (16), A (32), Tag, B, B with Ending

A Part: 48 counts, 2 walls (always starts facing 12:00 and always ends facing 6:00)

[1 – 8] Fwd R, ¼ R side L, R sailor ½ cross with dip, ¼ L fwd, ½ L back, shuffle ½ L

1 – 2 Step R fwd (1), turn ¼ R stepping L to L side (2) 3:00
3&4 Cross R behind L (3), turn ¼ R stepping L next to R (&), turn ¼ R crossing R over L dipping down in both knees (4) 9:00
5 – 6 Straighten your knees and turn ¼ L stepping L fwd (5), turn ½ L stepping back on R (6) 12:00
7&8 Turn ¼ L stepping L to L side (7), step R next to L (&), turn ¼ L stepping L fwd (8) 6:00

[9 – 16] ¼ L lean, recover ¼ R, shuffle ½ R, fwd L, ¼ L press R, ½ L press R, ½ L press R

1 – 2 Turn ¼ L leaning R to R side lifting L toes up (1), recover on R turning ¼ R (2) 6:00
3&4 Turn ¼ R stepping R to R side (3), step L next to R (&), turn ¼ R stepping R fwd (4) 12:00
5 – 6 Step L fwd (5), turn ¼ L pressing R to R side (5) 9:00
7 – 8 Turn ½ L pressing R to R side (7), turn ½ L pressing R to R side (8) ... * Change of step during 3rd A. See 'Extras' at bottom of step sheet 9:00

[17 – 24] L back rock pop, lock ½ R, R coaster step, L kick ball side R

1 – 2 Rock back on L popping R knee fwd (1), recover on R (2) 9:00
3&4 Turn ¼ R stepping L to L side (3), cross R over L (&), turn ¼ R stepping back on L (4) 3:00
5&6 Step back on R (5), step L next to R (&), step fwd on R (6) 3:00
7&8 Kick L fwd (7), step L next to R (&), step R a big step to R side sliding L towards R (8) 3:00

[25 – 32] L sailor step, R jazz box ¼ side, syncopated L&R step lock steps, fwd L

1&2 Cross L behind R (1), step R to R side (&), step L to L side (2) 3:00
3&4 Cross R over L (3), turn ¼ R stepping back on L (&), step R to R side (4) 6:00
5&6 Step L fwd (5), lock R behind L (&), step L fwd (6) 6:00
&7&8 Step R fwd (&), lock L behind R (7), step R fwd (&), step L fwd (8)

*** Tag: 4th time, see 'Extras' at bottom of step sheet 6:00**

[33 – 40] Jump rock fwd, rec. sweep, R sailor ¾ R, reverse ½ L, ¼ L, behind side, kick ball

1 – 2 Rock R fwd flicking L behind R (1), recover on L sweeping R to R side (2) ...

Styling: add extra energy to your R rock step jumping into it... 6:00

3&4 Cross R behind L (3), turn ½ R stepping L next to R (&), turn ¼ R stepping fwd on R (4) 3:00
5 – 6 Sharply turn ½ L stepping onto L (5), turn ¼ L stepping R to R side (6) 6:00
7&8& Cross L behind R (7), step R to R side (&), kick L fwd (8), step L next to R (&) 6:00

[41 – 48] Monterey ½ R, L side mambo, walk R fwd, L mambo point back, ½ L flick R back

1 – 2 Point R to R side (1), turn ½ R stepping R next to L (2) ... Styling: bend in L knee (1), straighten knee (2) 12:00
3&4 Rock L to L side (3), recover on R (&), step L next to R (4) 12:00
5 Walk R fwd (5) 12:00
6&7 Rock L fwd (6), recover back on R (&), point L foot back (7) 12:00
8 Turn ½ L onto L flicking R foot backwards (8) 6:00

B Part: 32 counts, 2 walls (always starts facing 6:00 and always ends facing 12:00)

[1 – 8] R shuffle fwd, L rock fwd, & ¼ L side, R knee pop, recover ¼ R, step ¼ R cross

- 1&2 Step R fwd (1), step L behind R (&), step R fwd (2) 6:00
3 – 4& Rock L fwd (3), recover back on R (4), quickly turn ¼ L stepping L to L side (&) 3:00
5 – 6 Pop R knee in towards L knee bending slightly in L knee (5), recover on R turning ¼ R (6) 6:00
7&8 Step L fwd (7), turn ¼ R stepping onto R (&), cross L over R (8) 9:00

[9 – 16] R&L side points, place R fwd, heel swivels, R back rock hitch, R mambo ¼ R

- 1&2& Point R to R side (1), step R next to L (&), point L to L side (2), step L next to R (&) 9:00
3&4 Place R foot fwd with no weight (3), swivel both heels R (&), return heels to centre (4) 9:00
5 – 6 Rock back on R hitching L knee (5), recover on L (6) 9:00
7&8 Rock R fwd (7), recover back on L (&), turn ¼ R stepping R to R side (8) 12:00

[17 – 24] Cross, drop down, recover, ball side, walk RL with sweeps, R rock fwd, recover sweep

- 1, 2&3 Cross L over R (1), bend in knees as you step R to R side (2), stretch knees coming up again (&), recover on L (3) ... Easy option for 2&3: rock R to R side (2), recover on L (3) 12:00
&4 Step R next to L (&), step L to L side (4) 12:00
5 – 6 Walk R fwd sweeping L fwd (5), walk L fwd sweeping R fwd (6) 12:00
7 – 8 Rock R fwd (1), recover back on L sweeping R out to R side (8) 12:00

[25 – 32] R pony step back, L coaster step, R&L toe taps fwd, step R fwd, L together hitch R

- 1&2 Step back on R hitching L knee (1), step L next to R (&), step back on R hitching L knee (2) 12:00
3&4 Step back on L (3), step R next to L (&), step fwd on L (4) 12:00
5&6& Tap R toes fwd (5), step down on R (&), tap L toes fwd (6), step L fwd (&) 12:00
7 – 8 Step R fwd (7), step L next to R hitching R knee at the same time (8) ...

*** Change of counts during 3rd B. See below for details 12:00**

Tag: 4 counts. Comes once, after 32 counts during your 4th A, facing 6:00

[1 – 4] R mambo hitch, ball back rock with hitch, recover L with R flick

- 1&2 Rock R fwd (1), recover back on (&), step back on R (2) 6:00
&3 – 4 Step back on L (&), rock back on R hitching L knee (3), recover fwd onto L flicking R back (4)

... Added styling for counts 1 and 2: hitch L knee when stepping on R 6:00

Extras! There are 2 small changes in the dance:

***1st - The 3rd time you do A you must change count 16:**

Turn ¼ L onto L hitching R knee. Now RESTART with your 4th A facing 12:00 12:00

***2nd - The 3rd time you do B you change the steps for counts 31 and 32 to:**

Step R fwd (31), turn ½ L on L flicking R foot backwards (32) ... Start your 4th B facing 6:00 6:00

Ending During 4th B: change counts 31-32 to 31& which means you do the & count very fast! 12:00
