

Immer müde

COPPER KNOB
BY SHEETS

拍数: 32 墙数: 4 级数: Low Intermediate
编舞者: Brain Phillipp Grunwald (DE) - December 2024
音乐: Immer müde - Alexander Eder



No Tags or Restarts

#Intro: 16 Counts (2x8 after 1st beat), the Dance starts with the vocals

Step turn, Shuffle turn, 2x Back, Coaster Step

- 1 – 2 Step fwd with RF – Turn ½ left, weight on LF
- 3 & 4 Shuffle back with ½ Turn left (R-L-R)
- 5 – 6 Step back with LF – Step back with RF
- 7 & 8 Coaster Step (L-R-L), weight on LF

Shuffle fwd, Side-Behind-Heel, Touch, unwind ½

- 1 & 2 Shuffle fwd. (R-L-R), weight on RF
- 3 – 4 Step aside with LF – Crossing RF behind LF
- & 5 & 6 Jump on LF – Touch right Heel slightly slanted – Jump on RF – Touch left toe back
- 7 – 8 Unwind ½ leftwise and put the weight on LF – Step fwd with RF

Chassé, Chassé ¼, Back Rock recover, Step

- 1 & 2 Chassé to the left (L-F-L)
- 3 & 4 ¼ turn right and do a Chassé to the right (R-L-R)
- 5 – 6 Cross Back LF behind RF – weight back on RF
- & 7 – 8 Recover on LF (jump on LF and crossing RF behind LF) - Step aside on LF, weight on both feet for following!

"Apple Jack Twister"

- & 1 & 2 Apple Jack left – Apple Jack right
- & 3 & 4 Apple Jack left two times
- & 5 & 6 Apple Jack right – Apple Jack left
- & 7 & 8 Apple Jack right – Apple Jack left

Repeat after this.

This dance has neither restarts nor tags, the following red text is just an explanation how to do an "Apple Jack" correctly.

Explanation: "How to do an AppleJack"

Apple Jack left:

- Stand with weight on both feet about shoulder width.
- The left toe turns to the left while the left heel remains on the ground.
- At the same moment as the left toe is turned to the left, the right heel is turned to the left too, while this time the ball of the right foot remains on the ground.
- After the left toe and the right heel are pointing to the left, they are now brought back to the starting position so that you have the weight on both feet again.

Apple Jack right:

- Exactly the same steps are applied, just in the opposite direction!
- Stand with weight on both feet about shoulder width.
- This time the right toe turns to the right while the right heel remains on the ground.
- At the same moment as the right toe is turned to the right, the left heel is turned to the right too, while this time the ball of the left foot remains on the ground.
- After the right toe and the left heel are pointing to the right, they are now brought back to the starting

position so that you have the weight on both feet again.

Please have fun with this dance and enjoy this nice song.
Thank you by dancing my Dances!
