

Shadow

COPPER KNOB
BY STEPHEN

拍数: 64 墙数: 2 级数: Phrased Advanced
编舞者: Liliana Jüriso (EST) - November 2024
音乐: Shadow - Livingston



Intro: 8 Counts, Start at approx 6 secs
Sequence: A, B, A, B, B, A, ending
starts facing 1.30

Part A: 32c

Diagonal toe-heel strut (2x) with arms, back step (2x) with arms, rise with arm, back step (4x)

1-2 Diagonal step forward touching R toe to floor (1), drop R heel to the floor (2). (1:30)

Arms: Keep arms down (1), raise R arm up at a 90-degree angle from the elbow (2).

3-4 Diagonal step forward touching L toe to floor (3), drop L heel to the floor (4). (1:30)

Arms: Keep R arm still and L arm down (3), raise L arm up at a 90-degree angle from the elbow (4).

5-6a Step back R (5), step back L (6), lift straight R slightly off the ground (a). (1:30)

Arms: Place R arm gently over chest (5), place L arm gently over chest (6), raise R arm index finger on lips as if signaling "be quiet."

7&8& Step back R (7), step back L (&), step back R (8), step back L (&) (1:30)

Arms: Make yourself comfortable with your arms :)

Out-out, back toe-heel-drop, out-out, back toe-heel-rise, step-lock-pop (2x)

1& Step on R heel forward diagonally to right (1), step on L heel forward diagonally to left (&), (1:30)

2& Step R back on toe (2), drop R heel stepping L next to R (end weight on L) (1:30)

3& Step on R heel forward diagonally to right (3), step on L heel forward diagonally to left (&), (1:30)

4& Step R back on toe lightly touching toe back(4), rise onto R toe stepping L next to R (standing on balls, but weight on L) (1:30)

5-6 Step R forward (5), lock L beside R popping R knee forward (6) (1:30)

7-8 Step R forward (7), lock L beside R popping R knee forward (8) (1:30)

1/8 turn, side step - back rock (2x), side rock with hand, step left – together with hand

1-2& Turn 1/8 left stepping R to right (1), step L behind R (2), recover weight on R (&), (12:00)

3-4& Step L to left (3), step R behind L (4), recover weight on L (&), (12:00)

5-6 Step R to right (5), recover weight on L (6) , (12:00)

Head and arms: Turn head to right same time extending R arm to right (5), turn head straight same time bend R arm, cover your eyes with R hand (6).

7-8 Big step L to left (7), step R next to L (8). (12:00)

Arms: Lower R arm (7), L arm makes a full circle from front to back (7-8)

Side step – touch with hands, full turn, side rock into side pushes, hands, full turn

1-2 Big step L to left (1), touch R next to L (2). (12:00)

Arms: Spread both arms diagonally apart (L diagonally up and R diagonally down) (1), lower L arm while bringing R fist to heart

3&4 Turn ¼ right stepping forward on R (3), swinging L leg up from behind to front (&), turn 1/2 R stepping back on L (4) (9:00)

5-6 Turn 1/4 right stepping R to right pushing upper-body to R side (5), step L pushing upper-body to L side (6) (prepare for the turn) (12:00)

Arms: Move both arms in front of you a □ shape from top to bottom and left-right-left (prepare for the turn)

7&8 Turn ¼ right stepping forward on R (7), swinging L leg up from behind to front (&), turn 1/2 R stepping back on L (8) (9:00)

Part B: 32c

Side step, bending heels turn, back rock, full turn with sweep, back step, 3/8 turn step, full turn

- 1&2 Turn 1/4 right stepping R to right (1) (at the beginning of the third B, turn only 1/8), bend both knees slightly rising gently onto toes (&), turn 1/4 to left twisting heels 1/4 to right (weight on R) (9:00)
- 3-4 Rock back on L (3), recover weight on R (4) (9:00)
- 5-6& Turn 1/2 right stepping L back (5), turn 1/2 right stepping L forward sweeping L from back to forward (6), cross step L over R (&) (9:00)
- 7-8&1 Step back R (7), turn 3/8 left stepping L forward (8), turn 1/2 left stepping R back, (&), turn 1/2 left stepping L forward (1) (4:30)

Cross rock, turn 1/8 side step with knee bending, stomps on place (3x), side step, touch back with the arms

- 2-3 cross step R over L (2), recover weight on L (3) (4:30)
- 4-5 turn 1/8 right stepping R to right side bending both knees (4), stomp L next to R (5)(6:00)

Body: Move body in a U-shaped motion (4&5)

- 6-7 stomp R next to L (6), stomp L next to R (7) (6:00)
- 8-1 step R to right side (8), cross L toe touch behind L (1) (6:00)

Arms &1: Move both arms O-shaped motion from elbows, starting from bottom and moving counterclockwise (&), finish by directing straight arms diagonally R down.

Slow 3/4 unwind turn with arms, jazz box side (2x)

- 2-3-4 Unwind 1/4 turn left on spot weight on R (2), unwind 1/4 turn left on the spot ending weight on both feet (3), unwind 1/4 turn left on spot ending weight on L (4) (9:00)

Arms: Move your arms freely, as if you're expressing yourself as a ghost.

- 5&6 Cross R over L (5), step L back (&), step R to right (6) (9:00)
- 7&8 Cross L over R (5), step R back (&), step L to right (6) (9:00)

Out-out, in-in, rock (2x), sailor step, sailor step ending

- 1&2& Step R diagonally forward onto heel (1), step L diagonally forward onto heel (&), step R diagonally back 2), step L next to R (&) (9:00)
- 3&4& Rock R forward (3), recover weight on L (&), rock R to right (4), recover weight on L (&)
- 5&6 Step R behind L (5), step L to L (&), step R diagonally forward (6) (9:00)
- 7&8 Step L behind R (7), step R to L (&), turn 1/8 left stepping L forward (8) (1:30)

Ending

- 1 Don't move your leg (direction 01:30), sharply lower your head (direction 12:00)
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