

# Lord Of The Dance

COPPERKNOB  
STEPSHEETS

拍数: 40                      墙数: 4                      级数: Intermediate  
编舞者: Charlie Bowring (UK)  
音乐: Lord of the Dance - Ronan Hardiman



This dance is designed to fit to The Lord of The Dance, Track 17 On The Lord of the Dance CD, and speeds up to a fun speed after the first 4 walls.

## MODIFIED SAILOR STEPS

- &                      Step to right side on ball of right foot
- 1                      Cross left in front of right
- 2                      Step down on right
- &                      Step to left side on ball of left foot
- 3                      Cross right in front of left
- 4                      Step down on left
- &                      Step to right side on ball of right foot
- 5                      Cross left in front of right
- 6                      Step down on right
- &                      Step to left side on ball of left foot
- 7                      Cross right in front of left
- &                      Step left to left side
- 8                      Step right to right side (end with feet at shoulder width)

## LEFT KICK, CROSS, BACK & BACK & SCUFF STEP, HEEL DROPS

- 9                      Kick left forward
- 10                     Cross left in front of right
- &                      Step back on right
- 11                     Lock left over right
- &                      Step back on right
- 12                     Loosely lock left over right
- 13                     Scuff right foot forward
- 14                     Stamp right foot forward
- &15&16              Lift & drop heels four times, making  $\frac{1}{4}$  turn left (1 lift & drop per  $\frac{1}{2}$  count)

After first 4 walls replace &15&16 with

- 15-16                Lift heels twice making  $\frac{1}{4}$  turn left

## SIDE & SIDE & TOUCH, BALL CROSS (TWICE)

- 17                     Touch right to right side
- &                      Step right foot in place
- 18                     Touch left to left side
- &                      Step left in place
- 19                     Touch right heel forward
- &                      Step down on right
- 20                     Cross left over right
- 21                     Touch right heel forward
- &                      Step down on right
- 22                     Cross left over right
- 23                     Touch right heel forward
- &                      Step down on right
- 24                     Cross left over right

## **WALK FORWARD & BACKWARDS, STEP IN PLACE**

- 25-28 Walk forward right, left, right, left
- 29-31 Walk backwards right, left, right
- 32 Step left in place next to right

## **SIDE TOUCHES**

- 33 Step right to right side
- 34 Touch left, click right fingers
- 35 Step left to left side
- 36 Touch right, click left fingers
- 37 Step right to right side
- 38 Touch left, click right fingers
- 39 Step left to left side
- 40 Touch right, click left fingers

## **REPEAT**

**Change 25-40 to the following after the first 4 walls**

## **RUNNING MAN FORWARD AND RUNNING MAN BACKWARDS**

- & Slide left foot backwards while lifting right
- 25 Step down on right foot
- & Slide right foot backwards while lifting left
- 26 Step down on left foot
- & Slide left foot backwards while lifting right
- 27 Step down on right foot
- & Slide right foot backwards while lifting left
- 28 Step down on left foot
- & Slide left foot forward, while lifting right
- 29 Step down on right foot
- & Slide right foot forward, while lifting left
- 30 Step down on left foot
- & Slide left foot forward, while lifting right
- 31 Step down on right foot
- & Slide right foot forward, while lifting left
- 32 Step down on left foot

## **SYNCOPATED STEP TOUCHES**

- & Hop right to right side
  - 33 Touch left toe across in front of right at 45 degree angle with leg straight
  - 34 Hold for 1 beat of music
  - & Hop left to left side
  - 35 Touch right toe across in front of left at 45 degree angle with leg straight
  - 36 Hold for 1 beat of music
  - & Hop right to right side
  - 37 Touch left toe across in front of right at 45 degree angle with leg straight
  - 38 Hold for 1 beat of music
  - & Hop left to left side
  - 39 Touch right toe across in front of left at 45 degree angle with leg straight
  - 40 Hold for 1 beat of music
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