

Songbird

COPPER KNOB
BY STEPHEN METZ

拍数: 32 墙数: 4 级数: Improver foxtrot
编舞者: Phil Johnson (UK)
音乐: Songbird - Willie Nelson



STEP LONG STEP LEFT, HOLD, ROCK BACK RIGHT RECOVER; STEP LONG STEP RIGHT, HOLD, CROSS ¼ TURN LEFT

1-4 (SQQ) long step to left side, hold, rock back on right behind left, recover weight forward on left
Ideally step one should be onto the ball of the left to raise the body ready for the fall on the step behind
5-8 (SQQ) long step right to right side, hold, cross step left over right, ¼ turn left stepping back on right

¼ TURN LEFT, HOLD, ROCK RIGHT FORWARD, RECOVER, HALF TURN RIGHT, HOLD, ROCK LEFT FORWARD, RECOVER BACK ON RIGHT

9-12 (SQQ) ¼ turn left stepping left long step to left side, hold, rock right forward, recover weight back on left (starting half turn right)
13-16 (SQQ) ½ turn right stepping forward on right, hold, rock left forward, recover weight back on right

STEP LONG STEP LEFT, HOLD, BEHIND SIDE, FORWARD RIGHT TWINKLE

17-20 (SQQ) long step left to left side, hold, cross step right behind left, step left to left side
21-24 (SQQ) moving slightly forward) step right diagonally forward across left (facing 10:00), hold (while sliding left to right), step left to side, step right to right side (facing 2:00)

FORWARD LEFT TWINKLE, ROCK RIGHT FORWARD, RECOVER, ¼ TURN RIGHT, LONG STEP RIGHT, SLIDE LEFT TO TOUCH BESIDE RIGHT

25-28 (SQQ) (moving slightly forward) step left diagonally forward across right (2:00), hold (while sliding right to left), step right to side, step left to left side (facing 10:00)

Remember that the foxtrot twinkle (like that of the waltz) should feature a rise and fall - heel, toe, toe

29-32 (QQQQ) rock forward on right (to 2:00), recover weight back on left starting to turn to 3:00 wall) complete right turn (to 3:00 wall) stepping right long step to right side, (weight firmly on right with hips slightly to right) slide left to touch beside right (weight on right)

REPEAT

Steps 1-5 and 31-32 (at least) should provide the opportunity to sway (a typical Foxtrot movement). On Wall 8, music appears to slow down on count 17-27 (facing 3:00 wall). just dance to the usual tempo (you will pick it up) and you will end facing the home wall on count 32 with 8 beats of music left

ENDING

1-4 (SQQ) long step to left side, hold, rock back on right behind left, recover weight forward on left
5-8 (SQQ) long step right to right side, hold, cross rock left over right, recover weight back on right (no ¼ left turn so as to end facing the home wall)