

# Tale Of Thoughts

**COPPER** **NOB**  
BY STEPHEN

拍数: 48                      墙数: 4                      级数: Improver  
编舞者: Double Trouble (CAN)  
音乐: If You Could Read My Mind - Stars On 54



The choreographers are known collectively as "The Cookie Girls"

## 32-COUNT INTRO (DONE AT THE BEGINNING OF THE DANCE ONLY)

### HEEL TAPS LEFT WITH LEFT ARM SWING, HEEL TAPS RIGHT WITH RIGHT ARM SWING

- 1-8                      While tapping your left heel 8 times, move your left arm starting at the center of your body and swing it to the left
- 9-16                     While tapping your right heel 8 times, move your right arm starting at the center of your body and swing it to the right

### RIGHT AND LEFT ARM ARC TOGETHER

- 17-24                    While standing arc both arms out from below your waist to hip level

**No feet movement with this, other than you may bounce your knees**

### ROCK FORWARD AND BACK, FORWARD AND BACK

- 25-28                    Rock onto right foot forward, step in place left, rock back onto right foot, step in place left
- 29-32                    Rock onto right foot forward, step in place left, rock back onto right foot, step in place left

## THE DANCE

### CROSS SAILOR FRONT, CROSS SAILOR BACK, ½ VINE WITH A COASTER STEP

- 1&2                      Step right foot over left, quickly step to the left on left foot, step right foot beside left
- 3&4                      Step, left foot behind right, quickly step to the right on the right foot, step left foot beside right
- 5-6                      Step right in front of left, step side left
- 7&8                      Step right foot back, quickly step left foot beside right, step forward on right foot

### CROSS SAILOR FRONT, CROSS SAILOR BACK, ½ VINE WITH A COASTER STEP

- 1&2                      Step left foot over right, quickly step to the right on right foot, step left foot beside right
- 3&4                      Step, right foot behind left, quickly step to the left on the left foot, step right foot beside left
- 5-6                      Step left in front of right, step side right
- 7&8                      Step left foot back, quickly step right foot beside left, step forward on left foot

### SYNCOPATED CHASSE RIGHT, SYNCOPATED CHASSE LEFT

- 1-2                      Step right to right side and hold
- 3&4                      Step left foot next to right, quickly stepping right foot to right side, touch left foot beside right
- 5-6                      Step left to left side and hold
- 7&8                      Step right foot next to left, quickly stepping left foot to left side, touch right foot next to left

### ROCK FORWARD RIGHT, ¾ TURN SHUFFLE TO RIGHT, ROCK FORWARD LEFT SHUFFLE IN PLACE

- 1-2                      Rock forward onto right foot, step back onto left
- 3&4                      Making a ¾ turn to your right shoulder shuffle right left right
- 5-6                      Rock forward onto left foot, step back onto right
- 7&8                      Shuffle in place left right left

### RIGHT ½ VINE WITH SHUFFLE, LEFT ½ VINE SHUFFLE

- 1-2                      Step right foot to right side, step left foot behind right
- 3&4                      Shuffle in place right left right
- 5-6                      Step left foot to left side, step right foot behind left
- 7&8                      Shuffle in place left right left

## **ROCK FORWARD COASTER, ROCK FORWARD COASTER**

- 1-2 Rock forward onto right foot, step back in place left
- 3&4 Step right foot back, quickly step left foot beside right, step forward on right foot
- 5-6 Rock forward onto left foot, step back in place right
- 7&8 Step left foot back, quickly step right foot beside left, step forward on left foot

**REPEAT**

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