

The Voice Within

COPPER KNOB
BY STEPHEN HETS

拍数: 32 墙数: 4 级数: Intermediate/Advanced
编舞者: Cheryl Tonner (UK)
音乐: The Voice Within - Christina Aguilera



RIGHT FORWARD, ¾ TURN RIGHT, LEFT SIDE-ROCK-CROSS, TRIPLE-STEP ¾ TURN LEFT, LEFT BEHIND, ¼ TURN RIGHT, STEP

- 1 Step right foot strong step forward
- 2 On ball of right foot make ¾ turn right (keep left toe in contact with right instep throughout turn) (weight right)
- 3&4 Rock left foot to left side, recover weight onto right(&), cross-step left foot over right
- 5 Make ¼ turn left stepping right foot back
- &6 Step left foot ¼ turn left(&), make final ¼ turn stepping right foot forward
- 7&8 Step left foot behind right, step right foot ¼ turn right(&), step left foot forward (now facing 3:00)

RIGHT ROCK STEP, BACK-LOCK, LEFT COASTER STEP, FORWARD, RONDE ½ TURN RIGHT, LEFT SAILOR STEP

- 1& Rock right foot forward, gently touch left behind right(&) (weight right)
- 2& Step left foot back, lock right foot over left(&)
- 3&4 Left coaster step
- 5 Step right foot forward
- 6 On ball of right make ½ turn right sweeping left foot around to end left toe pointing to left side
- 7&8 Left sailor step

"TWINKLE" ½ TURN RIGHT, LEFT CROSS, RIGHT SIDE, ¼ TURN LEFT, RIGHT FORWARD, SPIRAL FULL TURN LEFT, LEFT LOCK STEP FORWARD

- 1 Cross-step right foot over left
 - &2 Make ¼ turn right stepping left foot back(&), make ¼ turn right stepping right to right side
 - 3 Cross-step left foot over right
 - &4 Rock right foot to right side(&), recover weight onto left foot making ¼ turn left (facing 12:00)
 - 5 Step right foot strong step forward
 - 6 On ball of right foot make full turn left
- Keep left toe in contact with floor through entire turn = "spiral"**
- 7&8 Step left foot forward, lock right foot behind left(&), step left foot forward

¼ TURN LEFT, RIGHT SIDE ROCK-CROSS, LEFT BEHIND, ½ TURN RIGHT, LEFT CROSS, (SIDE, ROCK STEP) TWICE

- & On ball of left foot make ¼ turn left
- 1&2 Rock right foot to right side, recover weight onto left(&), cross-step right foot over left
- 3 Make ¼ turn right stepping left foot back
- &4 Make ¼ turn right stepping right foot to right side(&), cross-step left foot over right
- 5-6& Step right foot to right side, rock left foot behind right(&), recover weight forward onto right
- 7-8& Step left foot to left side, rock right foot behind left(&), recover weight forward onto left

REPEAT

RESTART

Restart occurs during the eighth (8th) repetition. You will be facing 9:00 when you restart the dance. Dance up to and including count 24 (the "spiral" and lock step - you'll be facing 9:00) there is a 2-count pause in the music

- 1-2 Sway weight back onto right foot, sway weight forward onto left

Restart and dance until you decide to fade the track
