

White Flag

COPPERKNOB
BY STEPHEN HETS

拍数: 0 墙数: 4 级数: Intermediate
编舞者: Elaine Jordan (UK)
音乐: White Flag - Dido



Sequence: AB, AAB, A, continue A to end of dance

PART A

CROSS FORWARD BACK AND BACK FORWARD AND SIDE ROCK AND BEHIND AND FRONT AND ¼ TURN LEFT

- 1-2& Rock across right foot with left, recover weight back onto left foot, place left foot next to right
3-4& Rock back and behind left foot with right, recover weight forward onto left, place right foot out to right side
5-6& Step in place with left foot, cross right foot behind left, step left foot to left side
7&8& Cross right foot in front of left, step side left, cross right foot behind left, step to left side on left foot making ¼ turn to left side

ROCKS FORWARD BACK, BACK LOCK BACK AND BACK LOCK BACK TURN ¼ SWAY LEFT RIGHT

- 1-2& Rock forward onto right foot, recover weight back onto left foot, step back on right foot
3-4& Lock left foot across front of right, step back on right, step back on left
5-6& Lock right foot across front of left, step back on left, step back on right
7-8& Step forward on left foot swaying weight onto left, as you sway weight onto right foot make ¼ turn to right, bring left foot alongside right and transfer weight onto left

SWAY RIGHT LEFT ¼ TURN HEEL AND TOUCH, CROSS BACK AND CROSS SIDE

- 1-2& Sway weight onto right foot, sway weight back onto left foot, transfer weight onto right making a ¼ turn to left
3&4 Left heel goes forward, step in place on left foot, touch right toe along side of left
5-6& Cross right foot in front of left, step back on left foot, step back on right foot
7-8 Cross left foot in front of right, step to right side on right foot

CROSS POINT HOLD, CROSS POINT HOLD, BACK POINT HOLD, BACK HOLD

- 1-2 Step left foot over and in front of right, point right foot out to right side
3-4 Step right foot over and in front of left, point left foot out to left side
5-6 Step left back and behind right, point right foot out to right side
7-8 Step right foot back and behind left, point left foot out to left side

PART B

STEP LOCK AND STEP TURN, STEP LOCK AND STEP TURN

- 1-2& Step forward onto left foot, lock right foot behind left foot, step in place onto left foot
3-4 Step forward onto right foot make ½ turn to left, step onto left foot
5-6& Step forward onto right foot, lock left foot behind right foot, step into place onto right foot
7-8 Step forward onto left foot and make ½ turn to right, step onto right foot

MONTEREY TURNS WITH HOLDS TWICE

- &1-2 Step onto left foot, point right toe to right side hold for 1 count
&3-4 Step right foot in and pivot ½ turn to right on right foot, point left toe out to left side and hold for one count
&5-6 Step onto left foot, point right toe to right side hold for 1 count
&7-8 Step right foot in and pivot ½ turn to right on right foot, point left toe out to left side and hold for one count

