

Wild And Free

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: Intermediate/Advanced
编舞者: Barry Porter (UK) & Paul Hulatt (UK)
音乐: You'll Be In My Heart - Phil Collins



1st Place Dancelines Eurodance 99 Brean UK November 1999

SIDE SHUFFLE ¼ TURN LEFT, RONDE WITH ¾ TURN, STEP SLIDE, CROSS BEHIND RONDE, STEP

- 1&2 Step left foot to left, close right foot to left, step left foot to left making a ¼ turn left
3 Make ¾ turn left on ball of left foot, sweeping right foot around, but out to right side
4 Touch right foot next to left (weight remains on left)
5 Step right foot large step to right
6 Slide left slowly in towards right
7 Cross left foot behind right (putting weight on left foot)
&8 Sweep right foot (to the right) in a large circle (ronde) behind left foot. (putting weight on right)

STEP ¼ TURN, ½ TURN, SHUFFLE ½ TURN, ROCK RECOVER, BACK LOCKING SHUFFLE

- 9 Step left foot to left making ¼ turn left
10 On ball of left foot, continue turning left making ½ turn, stepping back onto right foot
11&12 Continue turning left, making ½ turn, stepping left, right, left
13 Rock forward onto right foot
14 Recover weight to left foot
15&16 Step back on right foot, lock left across right, step back on right

STEP BACK, SLIDE HOOK, RIGHT LOCKING SHUFFLE, STEP, FULL TURN HOOK (SPIRAL), RIGHT LOCKING SHUFFLE

- 17 Large step back with left foot
18 Slide right foot back, hooking right foot across left shin
19&20 Step forward right, lock left behind right, step forward right
21 Step forward onto left foot
22 On ball of left turn 360(full turn) right, hooking right foot across left shin (spiral)
23&24 Step forward right, lock left behind right, step forward onto right

ROCK RECOVER, SYNCOPATED 1&½ TURN LEFT, RIGHT LOCKING SHUFFLE, RONDE ½ TURN

- 25 Rock forward onto left
26 Recover weight to right foot
27&28 On ball of right turn, ½ turn left stepping forward onto left foot, continue turning left, on ball of left foot ½ turn stepping back onto right, continue turning left on ball of right foot, turn ½ turn left, stepping forward onto left

Counts 27&28 may be replaced with shuffle ½ turn for those who prefer not to spin

- 29&30 Step forward right, lock left foot behind right, step forward onto right foot
31 Sweep left foot to the right (ronde) making ½ turn right, on ball of right foot
32 Touch left foot next to right

REPEAT