

Wild And Free

COPPER KNOB
STEPSHEETS

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