

In The Name Of Love

COPPER KNOB
BY SHEETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Jo Thompson Szymanski (USA)
音乐: In The Name Of Love - Scooter Lee



After the introduction, wait 16 counts. Start with the lyrics.

SIDE, BEHIND, SHUFFLE RIGHT, CROSS & STEP, CROSS & STEP

- 1-2 Step right foot to right side step behind with left
- 3 Step right foot to right side
- &4 Step together with left foot, step right foot to right side
- 5 Rock across in front with left foot
- &6 Replace weight back to right foot, small step left to left side
- 7 Rock across in front with right foot
- &8 Replace weight back to left foot, small step right to right side

These cross rocks can be done smooth or with more of a jogging motion for hip hop feel. For a very low impact variation of the cross rocks, touch across front with left foot, step side touch across front with right foot, step side

SIDE, BEHIND, SHUFFLE LEFT, CROSS & STEP, CROSS & STEP

- 1-2 Step left foot to left side step behind with right
- 3 Step left foot to left side
- &4 Step together with right foot, step left foot to left side
- 5 Rock across in front with right foot
- &6 Replace weight back to left foot, small step right to right side
- 7 Rock across in front with left foot
- &8 Replace weight back to right foot, small step left to left side

These cross rocks can be done smooth or with more of a jogging motion for hip hop feel. For a very low impact variation of the cross rocks, touch across front with right foot, step side touch across front with left foot, step side.

FORWARD, TOGETHER 4 TIMES WITH HIP CIRCLE

- 1 Step forward with right foot.
- 2 Step together with left in 3rd position (instep of left at heel of right)
- 3-8 Repeat counts 1-2 three more times

Each time you do the forward, together you can do an optional hip circle to the left. The hips will be going back and around each time you step forward.

FORWARD & BACK & STEP, ½ TURN, FORWARD & BACK & STEP, ¼ TURN

- 1& Rock forward with right foot, replace weight back to left foot
- 2& Rock back with right foot, replace weight forward to left foot
- 3-4 Step forward with right foot, turn left ½ shifting weight forward to left foot
- 5& Rock forward with right foot, replace weight back to left foot
- 6& Rock back with right foot, replace weight forward to left foot
- 7-8 Step forward with right foot, turn left ¼ shifting weight to left foot

The forward and back rocks can be done smooth or with more of a jogging motion for a hip hop feel. For a very low impact variation, touch forward with right, touch back with right, instead of the rocks forward and back.

REPEAT

Optional pose at the end: At the very end of the song of the last repetition of the dance, you will have just done the ¼ turn left. For the final pose, keep feet apart, put weight on both feet and bow head.

