

Glorianna

COPPER KNOB
BY STEPHEN HETS

拍数: 32 墙数: 4 级数: Advanced Beginner
编舞者: William Sevone (UK) - February 2006
音乐: Don't Wanna Lose You - Gloria Estefan : (Greatest Hits vol.1)



Recommended alternatives:-

"Up" (117 bpm) by The Saturdays
"The way you make me feel" (119 bpm) by Michael Jackson
"Heartbreaker" (101 bpm) by Dionne Warwick

Choreographers note:- When using the Gloria Estefan track the music appears slow - but the dance isn't, therefore the timing may take a little practice. This dance is ideally suited for those Beginners who have just moved up a level to Advanced Beginners. To give the dance a completely different feel, then go for the Michael Jackson or The Saturdays tracks. If using 'The Saturdays', there is a restart after count 8 on the 10th wall. Always remember - 'The beat may reach your feet - but the rhythm should electrify your soul'

Dance starts after the long intro (46 seconds) on the word 'So open your eyes'. Weight on left.
If using The Saturdays or Michael Jackson music – start on the main vocals

Twox Rock Fwd-Recover-1/2 Turn Shuffle (12:00)

1 – 2 Rock right forward. Recover onto left.
3& 4 Turn ½ right & shuffle forward stepping: R.L-R (6).
5 – 6 Rock step left forward. Recover onto right.
7& 8 Turn ½ left & shuffle forward stepping: L.R-L.

Twox Side Rock-Recover-Reverse Cross Shuffle (12:00)

9 – 10 Rock right to right side. Recover onto left.
11& 12 Step right behind left, step left to left side, step right behind left
13 – 14 Rock left foot to left side. Recover onto right.
15& 16 Step left behind right, step right to right side, step left behind right.

Turn 1/4 Right Fwd. 1/2 Right. Shuffle Fwd. Rock. Recover-1/4 Left. Shuffle (6:00)

17 – 18 Turn ¼ right & step right forward (3). Lifting left knee slightly - turn ½ right & step forward onto left (9).
19& 20 Shuffle forward stepping: R.L-R.
21 – 22 Rock step forward onto left. Step onto right & turn ¼ left.

Option Counts 21–22: Step left forward. Lifting right knee slightly - turn ¾ right stepping forward onto right.

23& 24 Shuffle forward stepping; L.R-L.

Fwd. 1/2 Left Rock Bwd. Shuffle. Rock. Recover. Shuffle. 1/4 Left Knee Turn (9:00)

25 – 26 Step right forward. Turn ½ left & rock backward onto left (12).
27& 28 Shuffle forward stepping: R.L-R.
29 – 30 Rock left forward. Recover onto right.
31& 32 Shuffle forward stepping; L.R-L.
& Lifting right knee slightly - turn ¼ left (knee still raised) – preparing for Count 1

General Dance note: All shuffles are short stepped – and body angled.

Other suggested music:

Liz McClarnon Woman in love (91 bpm)
Al Greene Tired of being alone (99 bpm)
Jimmy Ruffin What becomes of the broken hearted (99 bpm)
Sly & The Family Stone Family affair (109 bpm)
Lou Rawls You'll never find another love like mine (110 bpm)

Gloria Estefan Mi buen amor (120 bpm)
