

4 U I Let Go

COPPER KNOB
BY STEPHEN

拍数: 48
编舞者: Liam Hrycan (UK)
音乐: The First to Let Go - SHeDAISY

墙数: 2

级数: Intermediate/Advanced waltz



RIGHT BACK/LEFT BACK/HOLD, RIGHT FORWARD/ $\frac{3}{4}$ TURN FORWARD, LEFT TWINKLE, LEFT WEAVE (RIGHT, LEFT, RIGHT)

- 1-3 Step right foot back, step left foot back, hold position for one count (right toe touched forward, heel up)
- 4-6 Step weight forward onto right foot, step left foot forward a $\frac{1}{2}$ turn right, step right foot back a $\frac{1}{4}$ turn right
- 7-9 Cross step left foot over right, step ball of right foot to right side angling body left, step left foot to left side
- 10-12 Cross step right foot over left, step left foot to left side, cross step right foot behind left

LEFT SIDE/RIGHT SLIDE TOUCH, FULL TURN RIGHT, LEFT TWINKLE, RIGHT CROSS/LEFT SWEEP/CROSS

- 13-15 Long step left foot to left side, slide and touch right toe to place beside left foot (over 2 counts)
- 16-18 Step right foot to right side, make a full turn in place stepping left beside right, step right foot to right side
- 19-21 Cross step left foot over right, step ball of right foot to right angling body left, step left foot to left side
- 22-24 Cross step right foot over left, sweep left toe around right leg, cross step left foot over right

RIGHT SIDE/LEFT SLIDE TOUCH, 1 $\frac{1}{4}$ TURN LEFT, RIGHT FORWARD LUNGE/RECOVER/RIGHT BACK, LEFT BACK/RIGHT BACK ($\frac{1}{2}$ -RIGHT)/LEFT FORWARD

- 25-27 Step right foot to right side, slide and touch left toe to place beside right foot (over 2 counts)
- 28-30 Step left foot to left side a $\frac{1}{4}$ turn left, step right foot forward a $\frac{1}{2}$ turn left, step right foot back a $\frac{1}{2}$ turn left
- 31-33 Lunge right foot forward, recover weight back onto left foot, step right foot back
- 34-36 Step left foot back, step right foot back a $\frac{1}{2}$ turn right, step left foot forward

RIGHT FORWARD LUNGE/RECOVER/RIGHT BACK ($\frac{1}{4}$ -RIGHT), LEFT CROSS/RIGHT SIDE ($\frac{1}{4}$ -LEFT)/LEFT BACK ($\frac{1}{2}$ -LEFT), RIGHT FORWARD ROCK/RECOVER/RIGHT BACK ($\frac{1}{2}$ -RIGHT), 1 $\frac{1}{2}$ TURN FORWARD

- 37-39 Lunge right foot forward, recover weight back onto left foot, step right foot back a $\frac{1}{4}$ turn right
- 40-42 Cross step left foot over right, step right foot to right side a $\frac{1}{4}$ turn left, step left foot back a $\frac{1}{2}$ turn left
- 43-45 Rock right foot forward, recover weight back onto left foot, step right foot back a $\frac{1}{2}$ turn right
- 46-48 Step left foot forward a $\frac{1}{2}$ turn right, step right foot back a $\frac{1}{2}$ turn right, step left foot forward a $\frac{1}{2}$ turn right

Weight ends back on left foot

REPEAT

TAG

After 2nd wall

RIGHT BACK/LEFT BACK/HOLD, RIGHT FORWARD/LEFT FORWARD ($\frac{1}{2}$ -RIGHT)/RIGHT BACK, LEFT BACK/RIGHT BACK/HOLD, LEFT FORWARD/RIGHT FORWARD ($\frac{1}{2}$ -LEFT)/LEFT BACK

- 1-3 Step right foot back, step left foot back, hold position for one count (right toe touched forward, heel up)
- 4-6 Step weight forward onto right foot, step left foot forward a $\frac{1}{2}$ turn right, step right foot back

- 7-9 Step left foot back, step right foot back, hold position for one count (left toe touched forward, heel up)
- 10-12 Step weight forward onto left foot, step right foot forward a ½ turn left, step left foot back
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