

(Dying Inside) To Hold You!

COPPER **NOB**
BY STEPHEN BRETZ

拍数: 0 墙数: 2 级数: Improver
编舞者: Elke Weinberger (NL)
音乐: (Dying Inside) To Hold You - Timmy Thomas



Sequence: A, B, A, B, B, A (1-32), Tag, B, B

There are several versions of this song. This choreography is stipulated to the Heartbreak Radio Version whose soundtrack duration is about 3:40 long. The soundtrack kicks in with heavy beats at time 00:14. Start dance after 32 counts (slightly just before vocals) at time-track 00:33

PART A (VERSE)

FORWARD STEP-TOUCH, BACK STEP-TOUCH, OUT-OUT-IN-BEHIND (SHIMMYING SHOULDERS), UNWIND ½ RIGHT TURN (SHIMMYING SHOULDERS)

- 1-4 Step left forward, touch right toe beside left, step right back, touch left toe beside right
&5&6 Step left to left, step right to right (out-out) (feet shoulder width apart), step left towards right, step right behind left (shimmy shoulders throughout)
7-8 Unwind ½ turn right over 2 counts (shimmy shoulders throughout) (weight ends on left)

FORWARD STEP-TOUCH, BACK STEP-TOUCH, OUT-OUT-IN-CROSS (SHIMMYING SHOULDERS), UNWIND ½ RIGHT TURN (SHIMMYING SHOULDERS)

- 9-12 Step right forward, touch left toe beside left, step left back, touch right toe beside left
&13&14 Step right to right, step left to left (out-out) (feet shoulder width apart), step right towards left, cross step left over right (shimmying shoulders throughout)
15-16 Unwind ½ turn right over 2 counts (shimmying shoulders throughout) (weight ends on left)

SIDE, BEHIND ROCK, RECOVER, SIDE, BEHIND ROCK, RECOVER, SIDE STEP, HOLD, FULL LEFT TURN ROLLING STEPS

- 17-18& Step right to right, rock left behind right, recover weight onto right
19-20& Step left to left, rock right behind left, recover weight onto left
21-22 Step right to right, hold
&23-24 Execute a ½ turn left & step left to left, execute ½ turn left & step right to right, step left beside right

You should now have made a full turn left traveling towards right wall

HIP BUMPS, HIP ROLL, BACK STEPS, BACK ROCK, RECOVER, ½ LEFT HINGE TURN, COASTER STEP

- 25-26 Step right forward and bump hips sharply forward, bump hips sharply back onto left
27&28 Roll hips to the left, quickly step right beside left, step left back (small step)
29-30 Rock right back, recover on left
31&32 Execute ½ turn left and step right back, step left beside right, step right forward

KICK-BALL-SIDE ROCK- RECOVER, KICK-BALL-SIDE ROCK-RECOVER, BEHIND TOUCH, UNWIND ½ TURN LEFT, FORWARD SHUFFLE

- 33&34& Kick left forward, step left beside right, rock right to right, recover weight onto left
35&36& Kick right forward, step right beside left, rock left to left, recover weight onto right
37-38 Touch left toe behind right, unwind ½ turn left (taking weight onto left)
39&40 Step right forward, step left beside right, step right forward

PIVOT ½ RIGHT TURN, FORWARD SHUFFLE, FORWARD ROCK, RECOVER, ½ RIGHT TURN, FORWARD SHUFFLE

- 41-42 Step left forward, pivot ½ turn right (weight ends of right)
43&44 Step left forward, step right beside left, step left forward
45-46 Rock right forward, recover weight onto left
47&48 Execute ½ right turn and step right forward, step left beside right, step right forward

CROSS OVER BREAKS, ARM PUNCHES WITH SNAPS, LOOK RIGHT & CENTER

- 49&50 Cross rock left over right, recover weight onto right, step left to left
51&52 Cross rock right over left, recover weight onto left, step right to right
53 Punch left arm across body towards right diagonal & snap fingers
54 Punch left arm now towards left diagonal & snap fingers
55 Place left palm in front of left hip & turn head to look right
56 Return head to look center as you now press right palm against right ear

(Remain left palm on left hip. Also, for better styling, push left hip left and lift right heel up with right knee bent as though in a 'sitting' position)

PART B (CHORUS)

FUNKY HIP ROLLS

- 1-4 Keeping left palm on left hip & right palm pressing against right ear, roll 4 hip rolls to the left. Make it funky by dipping body gradually down and then straightening up

CROSS ROCK BREAKS WITH ARM SWINGS AND SNAPS

- 5&6& Cross rock right over left, recover weight onto left, step right to right, recover weight onto left
7&8 Cross rock right over left, recover weight onto left, step right to right
9&10& Cross rock left over right, recover weight onto right, step left to left, recover weight onto right
11&12 Cross rock left over right, recover weight onto right, step left to left

Swing both arms forward & snap fingers on the cross rocks on counts 5,7,9,11. Swing both arms back & snap fingers on the side steps on counts 6,8,10,12

PIVOT ½ LEFT TURN, ½ RIGHT MONTEREY TURN, SIDE TOUCH

- 13-14 Step right forward, pivot ½ left turn (weight ends on left)
15&16 Touch right to right, execute ½ turn right and step right beside left, touch left to left

SAILOR STEPS, PIVOT FULL RIGHT TURN, BACK SHUFFLE

- 17&18 Step left behind right, step right to right, step left to left
19&20 Step right behind left, step left to left, step right to right
21-22 Step left forward, pivot ½ turn right (weight ends on right)
23&24 Continue to turn a further ½ right and step left back, step right beside left, step left back

SAILOR ½ RIGHT TURN, CROSS SHUFFLE, SYNCOPATED VINE, SIDE STEP LOOK RIGHT & CENTER

- 25&26 Step right behind left, execute ½ turn right & step left to left, step right to right
27&28 Cross step left over right, step right to right, cross step left over right
29&30 Step right to right, step left behind right, step right to right
31 Place left palm in front of left hip & turn head to look right
32 Return head to look center as you now press right palm against right ear

(Remain left palm on left hip. Also, for better styling, push left hip left and lift right heel up with right knee bent as though in a 'sitting' position)

- & (Applies only when the next step commences on the verse section) drop both arms, recover weight onto right, straightening body upright

TAG

ARM PUNCHES WITH SNAPS, LOOK RIGHT & CENTER

- 1 Punch left arm across body towards right diagonal & snap fingers
2 Punch left arm now towards left diagonal & snap fingers
3 Place left palm in front of left hip & turn head to look right
4 Return head to look center as you now press right palm against right ear

(Remain left palm on left hip. Also, for better styling, push left hip left and lift right heel up with right knee bent as though in a 'sitting' position)
