

Captured My Heart

COPPER **KNOB**
BY STEPHENETS

拍数: 48 墙数: 2 级数: Intermediate waltz
编舞者: Derrick Goh (SG)
音乐: Captured (By Love's Melody) - Rick Tippe



LEFT- SCISSORS, RIGHT-SCISSORS

1-2-3 Step left to left side, step right beside left, cross left over right (facing right diagonal)
4-5-6 Step right to right side, step left beside right, cross right over left (facing left diagonal)

STEP BACK-SIDE-CROSS WITH ½ TURN RIGHT, HITCH AND KICK FORWARD STEP BACK

1-2-3 Turn ¼ right and step back on left, turn ¼ right and step right to right side, cross left over right (facing right diagonal)
4-5-6 Hitch right knee up, kick right forward diagonally right, step back on right

FULL-ROLLING TURN LEFT WITH SIDE LUNGE LEFT, RECOVER, RONDE, SLIP-PIVOT

1-2-3 Turn ¼ left and step forward on left, turn ½ left and step back on right, turn ¼ left and lunge-step left to far left side (facing left diagonal 4:30)
4-5-6 Recover weight onto right, sweep left to left side and cross behind right, slip-pivot back on right and turn ¼ left (facing right diagonal 1:30)

Optional hands actions:

1 Arms down by sides (at hip-level, elbows bending slightly outward)
2 Bring arms down to criss-cross hands in front (at hip-level, palms facing up)
3 Spread right arm in front, left arm behind (arms at waist-level, palms facing down)
4-5-6 Turn palms up, bring arms down by sides, pull arms behind (at hip-level, palms facing up)

FORWARD-SIDE-CROSS BEHIND (WHISK), CROSS-CHASSE TO LEFT

1-2-3 Step forward on left, step diagonal forward on right, cross left behind right (facing left diagonal 10:30)
4-5 (Still on a left diagonal) cross right over left, step ball of left to left side
&6 Step ball of right beside left, step left to left side

Optional hands actions:

1 Bring arms down by sides, criss-cross hands in front (at hip-level, palms facing up)
2 Criss-crossing hands from hip-level up to spread open arms above head (palms facing toward body and face)
3 Circle arms out slowly to sides, arms stay by sides on counts 4-5
&6 Criss-cross hands in front (at hip-level, palms facing up)

LUNGE* DIAGONALLY LEFT (CONTRA BODY), RECOVER, SIDE, LUNGE DIAGONALLY RIGHT (CONTRA BODY), RECOVER, SIDE

1-2-3 Lunge-step diagonal forward on right (10:30) recover weight on left, step right to right side
4-5-6 Lunge-step diagonal forward on left (1:30), recover weight on right, step left to left side (12:00)

Optional hands actions:

1 Spread left arm in front diagonal-line with lunge-step, right arm behind (arms at shoulder-level, palms facing down)
2-3 Bring arms down slowly to criss-cross hands in front (at hip-level, palms facing up)
4-5-6 Repeat action with opposite arms

RIGHT FORWARD COASTER-STEP, LEFT BACK COASTER-STEP

1-2-3 Step forward on right, step left beside right, step back on right
4-5-6 Step back on left, step right beside left, step forward on left

½ BOX TURNING RIGHT (2X ¼ TURN)

- 1-2-3 Step forward on right toe turn out, turn ¼ right and step left to left side, step right beside left (3:00)
- 4-5-6 Step back on left toe turn in, turn ¼ right and step right to right side, step left beside right (6:00)

WEAVE LEFT, RONDE, BEHIND-SIDE-DRAG AND TOUCH

- 1-2-3 Cross right over left, step left to left side, cross right behind left
- 4-5-6 Sweep left to left side and cross behind right, step right to right side, drag ball of left and touch beside right

REPEAT

FINISH

Music ends, facing front-wall at 12:00. On 8th routine (6:00), after 30 counts, add the following 6 counts:

- 1 Step forward on right
- 2 Pivot ½ turn left
- 3 Step right beside left, criss-cross hands in front (at hip-level, palms facing up)
- 4-5-6 Lunge step forward on left (contra body)

Spread right arm in front, left arm behind (arms at chest-level, palms facing down)
