

# ...And Fell In Love

**COPPER KNOB**  
STEPSHEETS

拍数: 32      墙数: 2      级数: Intermediate  
编舞者: Michael Barr (USA)  
音乐: Rise And Fall - Craig David & Sting



## SIDE, ROCK-RETURN, ¼ LEFT, ¼ TOUCH SIDE - TURN ½ LEFT TOUCH SIDE, CROSS STEP, SIDE LEFT, TURN ½, CROSS STEP

- 1                    Step right side right
- 2&3                Rock back onto left; return weight to right; turn ¼ left stepping left forward
- 4-5-6             On ball of left turn ¼ left touching right side right; on ball of left turn ½ left touching right side right; cross right over left
- 7&8                Step left side left; turning ½ right step right side right; cross step left in front of right

## SIDE, BEHIND-½ LEFT-CROSS, ¼ RIGHT - SYNCOPATED LOCK STEPS ENDING WITH A TOUCH SIDE LEFT

- 1                    Step right side right
- 2&3                Step left behind right, turn ½ left stepping onto right in place, cross step left in front of right

**Try being on the balls of the feet when doing counts 2&3**

- 4                    Turn ¼ right stepping forward onto right
- 5&6                Step left forward, (lock) step right behind left, step left forward
- &7&8              Step right forward, (lock) step left behind right, step right forward, touch left side left

**As you step down on count 3, slightly torque the hips left (over rotate) and then on count 4 over rotate just a bit to the right when you step forward into your ¼ turn right. These two steps start to give the feel of swivels by over rotating left and right**

## TRIPLE LEFT TURN, CROSS, STEP BACK - 1 ¼ TURN RIGHT, CROSS & CROSS

- 1&2                In place: turn ½ left stepping onto left, step right next to left, turn ½ left stepping onto right (over rotate slightly)
- 3-4                Sweep (step) right crossing over left (keep right toe on floor), step back onto left
- 5&61             ¼ turn right: turn ¼ right stepping right side right, turn ½ right stepping left side left, turn ½ right stepping right side right
- 7&8                Cross step left in front of right, step right side right, cross step left in front of right

## PRESS, RETURN, BEHIND & CROSS - SYNCOPATED ROCK CROSS STEPS

- 1-2                Press right side right, return weight to left
- 3&4                Step right behind left, step left side right, cross step right in front of left
- &5&6             Rock step left side left, return to right slightly back, step left in front of right, rock step right side right
- &7&8             Return to left slightly back, step right in front of left, rock step left side left, return to right slightly back
- &                    Step left in front of right

## REPEAT

## RESTART

**If using the Elvin Bishop cut restart the dance after count 24 during the third rotation. You will be facing the back wall at that point**

**The Rod Stewart version is different and will not work with the restart**