

Abracame (Hug Me)

COPPER KNOB
BY STEPHEN METZ

拍数: 30 墙数: 0 级数:
编舞者: Justine Shuttleworth (AUS)
音乐: We're All Alone - Roy Orbison



- 1&2 Step right to right, step left beside right, cross/step right over left
&3 Step left to left, rock back on right
4 Rock forward on left
&5 Step right to right, step left behind right
& Swinging right foot to right (foot low to ground) make $\frac{1}{4}$ turn right
6 Keep swinging right foot around to right & step it behind left
&7 Turn $\frac{1}{4}$ left to face starting wall & step forward onto left, step forward on right
8 Pivot $\frac{1}{2}$ turn left taking weight forward onto left
- &1 Step forward onto right, step forward onto left
2 Pivot $\frac{1}{2}$ turn right keeping weight back on left foot
3&4 Step forward right, turning $\frac{1}{2}$ over your right shoulder step back on left, turning a further $\frac{1}{2}$ over your right shoulder step forward on right (full turn forward)
5&6 Turning $\frac{1}{2}$ over your left shoulder step forward on left, turning $\frac{1}{2}$ over your left shoulder again step back on right, rock back on left (full turn back)
7&8 As before (counts 3&4) turn a full turn forward stepping right-left-right
& Turning $\frac{1}{4}$ right step left to left side
- 1&2 Step back on right, touch left toe back, pivot $\frac{1}{2}$ turn over left shoulder taking weight on to right
&3 Step back on left, touch right toe back
4 Pivot $\frac{1}{2}$ turn over right shoulder
& Turning $\frac{1}{4}$ left to face starting wall step right behind left
5-6 Turning over left shoulder $\frac{1}{4}$ left step forward on left, turning a further $\frac{1}{2}$ over left shoulder step back on right
& Turning yet a further $\frac{1}{2}$ over left shoulder step forward on left
- 1&2 As if gently running forward - step forward on right, forward on left, forward on right
3&4 Run - back on left, back on right, back on left
& Pivoting on the ball of the left & lifting right slightly off the ground turn $\frac{1}{2}$ over right shoulder
5&6 As if gently running forward - step forward on right, forward on left, forward on right
7&8 Run - back on left, back on right, back on left
& Pivoting on the ball of the left & lifting right slightly off the ground turn $\frac{1}{4}$ over right shoulder

REPEAT

TAG

Complete these following beats at the beginning of walls 6 & 7

- 1&2 Step right to right, step left beside right, cross/step right over left
3&4 Step left to left, step right beside left, cross/step left over right