

# Watch The Sunrise With Me

COPPERKNOB  
BY STEPSHEETS

拍数: 0

墙数: 0

级数: Intermediate Phrased pilates line  
dance



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音乐: Pei Wo Kan Ri Chu - Cai Chun Jia

Start from 9th beat of intro.

Sequence: Intro, A, tag 1, B, tag 2, A, tag 1, B, tag 3, A, B, C, ending.

Note: Step sheet prepared by Sue Yuan Chang (January 2008)

Intro: 36 counts of hand movements.

**(1-8) FEET TOGETHER, HOLD.**

**(9-16) FORWARD, CROSS, SIDE. ONCE MORE.**

1-4 Straighten arms forward, cross arms in front of chest, and straighten arms to the side.  
5-8 Repeat counts 1-4 above.

**(17-24) SMALL CIRCLE AROUND, SIDE. BIG CIRCLE AROUND, SIDE.**

1-4 Make a circle around your face from left side to right side, under your chin, and straighten to the right side with right hand.  
5-8 Make a big circle in front of body from the bottom to the top, and return to the right side with right hand.

**(25-32) SMALL CIRCLE AROUND, SIDE. BIG CIRCLE AROUND, SIDE.**

1-4 Make a circle around your face from right side to left side, under your chin, and straighten to the left side with left hand.  
5-8 Make a big circle in front of body from the bottom to the top, and return to the left side with left hand.

**(33-36) CROSS, UP, SIDE, DOWN.**

1-2 cross arms in front of body, and lift arms up in the air,  
3-4 Wide open arms to the side, and go down to home.

**PART A: 32 counts.**

**(1-8) SIDE ROCK, RECOVER. ONCE MORE.**

1-2 Rock right foot to right side with knee pop, and straighten left foot,  
**Leans the body toward right side, place right hand on right thigh, Straighten left arm forward, and swing to right side.**  
3-4 Recover weight onto left foot with knee pop, and straighten right foot.  
**Return right hand back under the chin and then go to left side.**  
5-8 Repeat counts 1- 4 above.

**(9-16) SIDE LEAN, PUSH HIP, HOLD. SIDE LIFT, CHASSE, SIDE LIFT.**

1-4 Weight onto right foot, leans the body to left side, push hips to right side, hold.  
**Make a counter clockwise circle from left to right with arms, and end on the left.**  
5-6 Weight onto left foot, lift right foot up to the side.  
**Straighten arms to left side.**  
7&8& Step right foot to right side, step left foot next to right foot, step right foot to right side, lift left foot up to left side.  
**Make a counter clockwise circle with arms, and straighten arms to right side.**

Counts 17-32 of part A are the mirror image of count 1-16 of part A.

**(17-24) SIDE ROCK, RECOVER. ONCE MORE.**

1-2 Rock left foot to left side with knee pop, and straighten right foot,

**Leans the body toward left side, place left hand on left thigh, Straighten right arm forward, and swing to left side.**

3-4 Recover weight onto right foot with knee pop, and straighten left foot.

**Return right hand back under the chin and then go to right side.**

5-8 Repeat counts 1- 4 above.

**(25-32) SIDE LEAN, PUSH HIPS, HOLD. SIDE LIFT, CHASSE, SIDE LIFT.**

1-4 Weight onto left foot, leans the body to right side, push hips to left side, hold.

**Make a clockwise circle from right to left with arms, and end on the right.**

5-6 Weight onto right foot, lift left foot up to the side.

**Straighten arms to right side.**

7&8& Step left foot to left side, step right foot next to left foot, step left foot to left side, lift right foot up to right side.

**Make a clockwise circle with arms, and straighten arms to left side.**

**PART B: 40 counts.**

**(1-8) TOGETHER, KNEE POP, STAND. SIDE, TOUCH. SIDE, TOUCH.**

1-4 Step right foot next to left foot, pop knee and stand up.

**Lift arms up, and gradually put them down.**

5-6 Step right foot to right side, touch left toe next to right foot.

**Lift arms up in the air.**

7-8 Step left foot to left side, touch right toe next to left foot.

**Put arms down from the side.**

**(9-16) STEP, KNEE POP, LEAN, HOLD. STAND, TOGETHER.**

1-4 Step right foot forward, pop left knee, lean body forward, hold.

**Straighten arms forward, put them down in front of the right calf.**

5-8 Gradually stand up, and step right foot next to left foot.

**Lift and bounce hands up 4 times,**

Counts 17-32 of part B are the mirror image of count 1-16 of part B.

**(17-24) TOGETHER, KNEE POP. SIDE, TOUCH. SIDE, TOUCH.**

1-4 Foot together, pop knee and stand up.

**Lift arms up, and gradually put them down.**

5-6 Step left foot to left side, touch right toe next to left foot.

**Lift arms up in the air.**

7-8 Step right foot to right side, touch left toe next to right foot.

**Put arms down from the side.**

**(25-32) STEP, KNEE POP, LEAN, HOLD. STAND, TOGETHER**

1-4 Step left foot forward, pop right knee, lean body forward, hold.

**Straighten arms forward, put them down in front of the left calf.**

5-8 Gradually stand up, and step left foot next to right foot.

**Lift and bounce hands up 4 times,**

**(33-40) STEP, TOUCH. STEP, TOUCH. WALK BACK R, L, R, TOGETHER.**

1-2 Step right foot forward, touch left toe next to right foot.

**Swing arms from center to the side.**

3-4 Step left foot forward, touch right toe next to left foot.

**Open hands in front of eyes, and push them to the side.**

5-8 Step right foot back, left foot back, right foot back, and step left foot next to right foot.

**Push hands forward from shoulders, and then put them down to the side.**

**PART C: 18 counts.**

Counts 1-16 of part C are as same as counts 17-32 of intro.

**(1-8) SMALL CIRCLE AROUND, SIDE. BIG CIRCLE AROUND, SIDE.**

- 1-4 Make a circle around your face from left side to right side, under your chin, and straighten to the right side with right hand.
- 5-8 Make a big circle in front of body from the bottom to the top, and return to the right side with right hand.

**(9-16) SMALL CIRCLE AROUND, SIDE. BIG CIRCLE AROUND, SIDE.**

- 1-4 Make a circle around your face from right side to left side, under your chin, and straighten to the left side with left hand.
- 5-8 Make a big circle in front of body from the bottom to the top, and return to the left side with left hand.

**(17-18) CROSS, UP, SIDE, DOWN.**

- 1 Cross arms in front of body, and lift arms up in the air,
- 2 Wide open arms to the side, and go down to home.

**Ending: 32 counts.**

Counts 1-8 of ending are as same as counts 33-40 of part B.

**(1-8) STEP, TOUCH. STEP, TOUCH. WALK BACK R, L, R, TOGETHER.**

- 1-2 Step right foot forward, touch left toe next to right foot.

**Swing arms from center to the side.**

- 3-4 Step left foot forward, touch right toe next to left foot.

**Open hands in front of eyes, and push them to the side.**

- 5-8 Step right foot back, left foot back, right foot back, and step left foot next to right foot.

**Push hands forward from shoulders, and then put them down to the side.**

Counts 9-16 of ending are as same as counts 9-16 of part B.

**(9-16) STEP, KNEE POP, LEAN, HOLD. STAND, TOGETHER.**

- 1-4 Step right foot forward, pop left knee, lean body forward, hold.

**Straiten arms forward, put them down in front of the right calf.**

- 5-8 Gradually stand up, and step right foot next to left foot.

**Lift and bounce hands up 4 times.**

Counts 17-24 of ending are as same as counts 25-32 of part B.

**(17-24) STEP, KNEE POP, LEAN, HOLD. STAND, TOGETHER**

- 1-4 Step left foot forward, pop right knee, lean body forward, hold.

**Straiten arms forward, put them down in front of the left calf.**

- 5-8 Gradually stand up, and step left foot next to right foot.

**Lift and bounce hands up 4 times,**

Counts 25-28 of ending are as same as counts 33-36 of intro.

**(25-32) CROSS, UP, SIDE, DOWN. CROSS, UP, SIDE, LEAN BACK.**

- 1-4 Feet together.

**Cross arms in front of body, and lift arms up in the air, Wide open arms to the side, and go down to home.**

- 5-8 Feet together, lean body back, and facing up.

**Cross arms in front of body, and lift arms up in the air, Wide open arms to the side of the back.**

**TAG 1: 2 counts.**

- (1-2) TOGETHER, KNEE POP, STAND.

- 1 Step right foot next to left foot. Lift arms up

- 2 Pop knee and stand up. Gradually put them down.

**TAG 2: 6 counts.**

- (9-16) FORWARD, CROSS, SIDE. ONCE MORE

- 1-4 Straighten arms forward, cross arms in front of chest, and straighten arms to the side.

5-6 Repeat counts 1-4 above. (quickly in 2 beats)

**TAG 3: 10 counts.**

(1-8) SMALL CIRCLE AROUND, SIDE. ONCE MORE

1-4 Make a circle around your face from left side to right side, under your chin, and straighten to the right side with right hand.

5-8 Make a circle around your face from right side to left side, under your chin, and straighten to the left side with left hand.

(9-10) CROSS, UP, SIDE, DOWN.

1 Cross arms in front of body, and lift arms up in the air,

2 Wide open arms to the side, and go down to home.

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