

This Is My Now

COPPER **KNOB**
BY STEPHEN BRETZ

拍数: 32 墙数: 4 级数: Improver
编舞者: Joanne Wong (MY) - February 2008
音乐: This Is My Now - Jordin Sparks



WALKS X3, CROSS ROCK, RECOVER, SIDE, ROCK RECOVER, ¼ RIGHT, FULL TURN RIGHT

- 1 & 2 Step forward on right (1), step forward on left (&), step forward on right (2)
3 & 4 Cross rock left over right (3), recover on right (&), step left to left side (4)
5 & 6 Rock back on right (5), recover on left (&), step forward on right, making a ¼ turn right (6)
7 & 8 Step back on left, making a ½ turn right (7), step right beside left, making a ½ turn right (&),
step forward on left (8)

PIVOT ½ TURN LEFT, SCISSORS CROSS X2, SPIRAL ½ TURN LEFT

- 1 & 2 Step forward on right (1), pivot ½ turn left (&), step forward on right (2)
3 & 4 Step left to left side (3), step right beside left (&), cross left over right (4)
5 & 6 Step right to right side (5), step left beside right (&), cross right over left (6)
7 - 8 Step left to left side (7), make a spiral ½ turn left, ending with left crossed over right, weight
on right (8)

WALKS X4, LIFT, ½ TURN LEFT, FORWARD, SIDE, TOUCH

- 1 - 2 Step forward on left (1), step forward on right (2)
3 & 4 Step forward on left (3), step forward on right (&), lift left foot behind, body leaning slightly
forward (4)
5 - 6 Step forward on left, making a ½ turn left (5), step forward on right (6)
7 - 8 Step left to left side (7), touch right beside left (8)

SIDE, CROSS, SIDE, SWEEP, ½ TURN LEFT, ROCK RECOVER, SIDE, SPIRAL FULL TURN RIGHT

- 1 - 2 & 3 Step right to right side (1), cross left over right (2), step right to right side (&), step left behind
right and sweep right foot from front to back (3)
4 & 5 Step right behind left (4), step forward on left, making a ¼ turn left (&), step right to right side,
making a ¼ turn left (5)
6 & 7 - 8 Rock back on left (6), recover on right (&), step left to left side (7), make a spiral full turn right,
ending with right crossed over left, weight on left (8)

REPEAT

TAG: At the END of wall 2 [6 o'clock], do the following tag before starting the dance:

WALKS X4 (FULL TURN)

- 1 - 4 Walk forward 4 steps in a semi-circle, making a ¼ turn right every step starting with right, left,
right, left (1 - 4)