

The Knife

拍数: 64 墙数: 2 级数: Intermediate
编舞者: David Spencer (UK) - February 2008
音乐: Control of the Knife - Girls Aloud : (CD: Tangled Up)



Alt: Take These Chains From My Heart by Lee Roy Parnell

(32 count intro - Start on vocals)

R Kick & Point & Point – Kick. Weave Behind & Cross. L Side Rock, Recover ¼ Right.

1 & 2 Kick R forward. Step down on R next to L. Point L toe to L.
&3-4 Close L next to R. Point R toe to R. Kick R to R diagonal
5 & 6 Cross R behind L. Step L to L side. Cross R over L.
7 - 8 Rock out on L to L side. Recover on R making ¼ turn R. [3.00]

Step Pivot ½ Turn R x 2. L Cross Side L Sailor

1 – 2 Step forward on L. Pivot ½ turn R.
3 – 4 Step forward on L. Pivot ½ turn R.
5 – 6 Cross L over R. Step R to R side.
7 & 8 L sailor step. [3.00]

R Cross, ¼ Turn R. R Coaster Step. ¼ Turn Side Ball Cross Side.

1 – 2 Cross R over L, Turn ¼ turn R stepping back on L.
3 & 4 R coaster step.
5 – 6 Making ¼ turn R step L to L side. Cross R behind L.
&7- 8 Step slightly back on L. Cross R over L. Step L to L side. [9.00]

Jazz Box ¼ Turn R x 2.

1 – 2 Sweep R out and cross R over L. Step back on L.
3 – 4 Turn 1/4 R stepping R to R side. Close L next to R.
5 – 6 Cross R over L. Step back on L.
7 – 8 Turn 1/4 R stepping R to R side. Close L next to R. [3.00]

Step pivot ½ Turn L. R Shuffle forward. Step Pivot ½ Turn R. L Shuffle Forward.

1 – 2 Step forward on R. Pivot ½ turn L.
3 & 4 R shuffle forward on R-L-R.
5 – 6 Step forward on L. Pivot ½ turn R.
7 & 8 L shuffle forward on L-R-L [3.00]

Toe Touch Hold & Toe Touch Hold. & Heel Switches. R Side Rock.

1 – 2 Touch R toe next to L. Hold.
&3- 4 Step slightly back on R. Touch L toe next to R. Hold.
&5&6 Step slightly back on L. Touch R heel forward. Step slightly back on R. Touch L heel forward.
&7 -8 Step down on L next on R. Rock out to R on R. Recover onto L. [3.00]

(Counts 1 – 6 should travel slightly back.)

Cross Unwind Full Turn. Chasse L. R Cross Rock. Chasse R.

1 Cross R over L bending L knee (dipping down slightly).
2 Unwind full turn L (weight ends on R coming up onto R toe and hitching L knee up)
3 & 4 Chasse L on L-R-L.
5 – 6 Cross rock R over L. Recover back on L.
7 & 8 Chasse R on R-L-R. [3.00]

Cross Back Back Cross. L Side Rock. Weave Behind ¼ R Step Forward.

- 1 – 2 Cross L over R. Slide R foot back slightly on R diagonal (body facing to L diagonal)
3 – 4 Step back on L. Cross R over L (body still facing to L diagonal)
5 – 6 Rock out to L on L (squaring up to 3.00 wall). Recover back on R.
7 & 8 Cross L behind R. Turn ¼ right stepping forward on R. Step forward on L [6.00]
-