

Us Against The World

COPPER KNOB
BY STEPHEN BRETZ

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Val O'Connor (UK) - March 2008
音乐: Us Against the World - Westlife : (Album: Back Home)



INTRO: 16 COUNTS (16 SECS)(BPM 119) START DANCE ON THE WORD "I"

CROSS, ½ LEFT CROSS, L SIDE ROCK ¼ RIGHT, STEP, FULL TRIPLE LEFT, ROCK, ¼ LEFT, STEP

- 1- 2&3 Cross left over right, turn ¼ left stepping back on right, turn ¼ left stepping left to left side, cross right over left. [6]
4&5 Rock onto left to left side, turn ¼ right stepping onto right, step forward on left. [9]
6&7 Turn ½ left stepping back on right, turn ½ left stepping forward on left, step forward onto right [9]

option Right shuffle forward.

- &&8&1 Rock forward onto left (&), recover weight on right (8), turn ¼ left stepping onto left (&), step forward on right (1). [6 o'clock]

CROSS BACK TURN, CROSS ROCK SIDE, SMALL ROCKS, LEFT LOCK STEP

- 2&3 Cross left over right, step back on right, turn ¼ left stepping left to left side. [3]
4&5 Cross rock right over left, recover weight onto left, step right to right side. [3]
6&7&8 Small rock back onto left (6), recover weight onto right (&), repeat rocks. [3]
8&1 Step forward on left (8), lock right behind left (&), step forward onto left at same time start to sweep right (1). [3 o'clock]

WEAVE, LEFT BACK LOCK, FULL TRIPLE RIGHT BACK, SIDE ROCK CROSS, STEP BACK

- 2&3 Cross right over left, step left to left side, cross right behind left at same time start to sweep left. [3]
4&5 Step back on left, lock right in front of left, step back on left. [3]
6&7 Turn ½ right stepping forward on right, ½ right stepping back on left, ½ right stepping forward on right [9]

option: ½ Right shuffle turn.

- &&8&1 Rock left to left side (&), recover weight on right (8), cross left over right (&), step back on right (1). [9]

BACK, BACK, 1/2 TURN, ROCK ¼ RIGHT, ½ RIGHT STEP BACK, ¼ RIGHT SWAY, SWAY, STEP

- 2&3 Step back on left, step back on right, turn ½ left stepping forward on left. [3]
4&5 Rock forward onto right, recover weight onto left, turn ¼ right stepping forward onto right. [6]
6-7-8-& Turn ½ right stepping back on left (6), turn ¼ right swaying onto right (7), sway onto left (8), quick step right to right side (&).

START AGAIN

TAG: AT THE END OF WALL 2 (FACING 6 O CLOCK)

CROSS, SIDE ROCK CROSS, SIDE ROCK

- 1-2&3 Cross left over right, rock onto right to right side, recover weight on left, cross right over left. [6]
4& Rock onto left to left side, recover weight onto right. [6]

Restart from the beginning

RESTART: DURING 5TH WALL (2ND TIME FACING THE FRONT), Dance upto counts 16& (left lock) then on count one cross left over right and restart from the beginning.[3]

OPTION TO END DANCE: Dance first 1-2&3 then sweep left over right and step own on left and unwind ¼ turn right slowly.

ENJOY, VAL X

THIS DANCE IS DEDICATED TO MY DANCE INSTRUCTORS / FRIENDS MYRA AND SARAH FOR
MAKING MY BIRTHDAY SUCH A MEMORABLE OCCASION, AND FOR THE TICKETS TO SEE
WESTLIFE. X
