

Here I Am...Again

COPPER KNOB
BY STEPHEN HETS

拍数: 48 墙数: 4 级数: Easy Intermediate
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音乐: Stuck in the Middle with You - Stealers Wheel : (CD: Reservoir Dogs Soundtrack)



Introduction: 16 Counts, once the beat kicks in (CW Rotation)

SEC.I (1-8) R VINE, TOUCH, HEEL, TOUCH, HOLD, HEELS

1,2,3,4 RIGHT Step to side R; LEFT Step crossed behind R, RIGHT Step to side R; LEFT Touch beside R
5,6 Tap LEFT Heel diagonal L forward; LEFT Touch beside R
7, &,8 Hold; LEFT Heel 'DIG' diagonal L forward twice (bend R Knee)

SEC.II (9-16) L VINE, TOUCH, HEEL, TOUCH, HOLD, HEELS

1,2,3,4 LEFT Step to side L; RIGHT Step crossed behind L, LEFT step to side L; RIGHT Touch beside L
5,6 RIGHT Heel 'DIG' diagonal R forward; RIGHT Touch beside L
7, &,8 Hold; RIGHT Heel 'DIG' diagonal R forward twice (bend L Knee)

SEC.III (17-24) WALK, WALK, BUMP HIPS L, R: REPEAT:

1,2 RIGHT Step forward; LEFT Step forward beside R (bend knees)
3,4,& Bump Hips to L; to R; Hips to Centre
5,6 RIGHT Step forward; LEFT Step forward beside R (bend knees)
7,8,& Bump Hips to L; to R; Hips to Centre

SEC.IV (25-32)'SYNCHO' WALKS, BUMP HIPS BACK: REPEAT 3X

&,1 RIGHT Step forward; LEFT Step beside R (bend knees)
2 Bump Hips to the back (straighten knees)
&,3 RIGHT Step forward; LEFT Step beside R (bend knees)
4 Bump Hips to the back (straighten knees)
&,5 RIGHT Step forward; LEFT Step beside R (bend knees)
6 Bump Hips to the back (straighten knees)
&,7 RIGHT Step forward; LEFT Step beside R (bend knees)
8 Bump Hips to back (straighten knees)

SEC.V (33-40) BACK 3X, TOUCH: REPEAT

1,2,3 RIGHT; LEFT; RIGHT Steps back
4 LEFT Touch forward [Head looks L, index fingers point side L]
5,6,7 LEFT; RIGHT; LEFT Steps back
8 RIGHT Touch forward [Head looks R, index fingers point side R]

SEC.VI (41-48) SIDE-TOUCH, SIDE-TOUCH, FORWARD, TURN, TURN, SIDE

1,2 RIGHT Step to side R; LEFT Touch beside R; [index fingers point down]
3,4 LEFT Step to side L; RIGHT Touch beside L; [index fingers point down]
5,6 RIGHT Step forward; Execute 1/2 Turn L with LEFT Step forward
7,8 RIGHT Step forward with 1/4 Turn L; Left Rock/Step side L

Begin Again

Two Bridges:

Bridge #1 occurs on the 9 o'clock wall, at end of third rotation

Bridge #2 occurs on the 6 o'clock wall, at end of sixth rotation

They occur on an instrumental section

Bridge

1,2 RIGHT Rock/Step diagonal R forward; LEFT Recover/Step back
&,3,4 RIGHT Step beside L; LEFT Heel 'DIG' diagonal L forward; HOLD
5,6 LEFT Rock/Step diagonal L forward; RIGHT Recover/Step back
&,7,8 LEFT Step beside L; RIGHT Heel 'DIG' diagonal R forward; HOLD
