

What's Left of Me

COPPER KNOB
BY STEPHEN BATES

拍数: 96 墙数: 3 级数: Intermediate / Advanced
编舞者: Jill Babcock - November 2008
音乐: All I Need - Within Temptation : (CD: The Heart Of Everything)



Intro: approximately 19 seconds or 3 counts before start of vocals

(1-12) TOUCH, FULL TURN, STEP, SWEEP, CROSS, FULL TURN, PRESS, HOLD, RECOVER

1-3 Touch left toe to side, turn a full turn left

Easier option: touch left toe to the side for all 3 counts

4-6 Step left together, sweep right from back to front

1-3 Cross right over left, turn $\frac{1}{4}$ right and step left back, turn $\frac{1}{2}$ right and step right forward

Easier option: weave cross, side, behind

4-6 Turn $\frac{1}{4}$ right and press left to side, hold, recover to right

(13-24) CROSS-POINT-HOLD TWICE, CROSS, FULL TURN, PRESS, HOLD, RECOVER

1-3 Cross left over right, point right toe to side, hold

4-6 Cross right over left, point left toe to side, hold

1-3 Cross left over right, turn $\frac{1}{4}$ left and step right back, turn $\frac{1}{2}$ left and step left forward

4-6 Turn $\frac{1}{4}$ left and press right to side, hold, recover onto left

(25-36) CROSS, BACK, BACK, CROSS, BACK, $\frac{1}{4}$ TURN, FULL TURN, STEP BACK, STEP TOGETHER

1-3 Cross right over left, step left back, step right back

4-6 Cross left over right, step right back, turn $\frac{1}{4}$ left and step left forward (9:00)

Styling: when you cross, you should be at a slight angle. When you step back, you should be facing 12:00

1-3 Step right forward, turn $\frac{1}{2}$ left (weight to left), turn $\frac{1}{2}$ left and step right together

4-6 Step left back, drag right toward left, step right together

RESTART here on wall 6 (facing 9:00). This is the only time you will start the dance at 9:00

(37-48) CROSS ROCK, HOLD, RECOVER, SIDE ROCK, HOLD, RECOVER, SWEEP TWICE, STEP

1-3 Cross/rock left over right, hold, recover to right

4-6 Rock left to side, hold, recover to right (drag left toward right)

1-3 Sweep left from front to back

4-6 Turn $\frac{3}{8}$ left and step left back, sweep right from back to front, step right forward (5:00)

RESTART here on wall 7. Square up to 12:00 wall, stepping right next to left

(49-60) BALANCE STEP X4

1-3 Step left forward, step right together, step left in place

4-6 Turn $\frac{1}{8}$ right and step right back, step left together, step right in place (6:00)

1-3 Turn $\frac{1}{8}$ right and step left forward, step right together, step left in place (7:00)

4-6 Repeat counts 52-54 (9:00)

(61-72) STEP-SWEEP TWICE, CROSS ROCK, HOLD, RECOVER, $\frac{1}{4}$ TWINKLE

1-3 Step left forward, sweep right from back to front (over two counts)

4-6 Step right forward, sweep left from back to front (over two counts)

1-3 Cross/rock left over right, hold, recover to right

4-6 Cross left over right, turn $\frac{1}{4}$ left and step right to side, step left together (6:00)

(73-84) CROSS ROCK-RECOVER-SIDE TWICE, FULL SPIRAL TURN, STEP, CHASSE TURN

1-3 Cross/rock right over left, recover to left, step right to side

4-6 Cross/rock left over right, recover to right, step left to side

1-3 Step right forward, full spiral turn left, step left forward

Easier option: for counts 79-81, rock right forward, hold, recover to left

4-6 Step right forward, turn $\frac{1}{2}$ left and step left together, step right forward (12:00)

(85-96) ROCK FORWARD, HOLD, RECOVER, COASTER STEP, FULL SPIRAL TURN, STEP, CHASSE TURN

1-3 Rock left forward, hold, recover to right

4-6 Step left back, step right together, step left forward

RESTART here on wall 4 (facing 6:00). For counts 88-90, you will rock back on the left, hold, recover onto the right. Then restart the dance touching the left to the side

1-6 Repeat counts 79-84 (6:00)

REPEAT

TAG: After wall 2 (facing 12:00)

TWINKLE STEP, CROSS, $\frac{1}{2}$ TURN

1-3 Cross left over right, step right together, step left in place

4-6 Cross right over left, turn $\frac{1}{4}$ right and step left back, turn $\frac{1}{4}$ right and step right to side

7-12 Repeat counts 1-6 above

ENDING: After the third restart, you will dance one more wall. You will end facing the 6:00 wall. Turn $\frac{1}{2}$ to your left to face front and place both hands over your heart
