

Beauty From Pain

COPPERKNOB
STEPSHEETS

拍数: 48 墙数: 2 级数: Intermediate
编舞者: Pam Leader (USA) - December 2008
音乐: Beauty from Pain - Superchick : (CD: Beauty From Pain)



Intro: Start dance 12 counts into the song (at the start of the lyrics)

Restart : Wall 4 after first 24 counts

L TWINKLE STEP, R TWINKLE WITH A ½ TURN R

1,2,3 Cross L over R, step R to R, step L to L
4,5,6 Cross R over L, ½ turn to the right and step back on L, step R to R (6:00)

PRESS L, RECOVER, TOUCH L, STEP L, SWEEP ¼ TURN L

1,2,3 Press L forward, Recover R, Touch L to R
4,5,6 Step L forward, Sweep R around into a ¼ turn to the left for 2 counts(3:00)

CROSS R OVER L, SYNCOPATED WEAVE, CROSS R OVER L, SYNCOPATED WEAVE

1,2&3 Cross R over L, Step L to L, Step R behind L, Step L to L
4,5&6 Cross R over L, Step L to L, Step R behind L, Step L to L (3:00)

ROCK R, RECOVER, STEP R, SWEEP ½ TURN R

1,2,3 Cross R over L, Recover L, Step R to R
4,5,6 Sweep L into a ½ turn to the right for 3 counts (9:00)

***Restart here on wall 4 – change sweep to a ¾ turn to the right ending up at the 6:00 wall for a restart on the back wall**

JAZZ BOX WITH ¼ TURN L, JAZZ BOX WITH ¼ TURN L

1,2,3 Cross L over R, Step R back into ¼ turn to the left, Step L back
4,5,6 Step R back, Step L to L into a ¼ turn to the left, Step R forward (3:00)

MAKE 3/4 TURN WALK AROUND TO THE LEFT

1,2,3 Step L into 1/8 turn L, Step R into 1/8 turn L, Step L into a 1/8 turn L
4,5,6 Step R into 1/8 turn L, Step L into 1/8 turn L, Step R into a 1/8 turn L (6:00)

STEP L, ROCK R, RECOVER L, STEP R, ROCK L, RECOVER R

1,2,3 Step L to L, Rock R behind L, Recover L
4,5,6 Step R to R, Rock L behind R, Recover R (6:00)

STEP L, CROSS R BEHIND L, FULL TURN UNWIND RONDE

1,2,3 Step L to L, Cross R behind L, Hold
4,5,6 Unwind full turn to the R finishing with a Ronde to start the dance over (6:00)

End of dance