

Loch Lomond

COPPERKNOB
BY STEPHEN

拍数: 0 墙数: 0 级数: Phrased Advanced
编舞者: Elizabeth Scott (SCO) - June 2009
音乐: Loch Lomond (Hampden Remix) - Runrig : ("Children in Need" - Single)



[In celebration of Scotland's "Year of Homecoming" 2009]

NOTE: Speed of music varies starting slow then fast - 2 DANCES IN ONE !!

SECTION ONE: (SLOW)

Starts On: 1st Drum Beat

DIAGONAL STEPS FORWARD, SHUFFLE, HIP SWAYS, ¼ CHASSE LEFT

- 1 - 2 Step left forward to left diagonal, touch right beside left
3 & 4 Step right back to right diagonal, step left beside right, step back right
5 - 6 Sway hips to left side; sway hips to right side
7 & 8 Step Left to Left side. Close Right beside Left. Make ¼ turn left stepping forward Left

REPEAT: Section One x 5, but, on 5th wall, replace steps 7&8 with 5-6 12 O'CLOCK

SECTION TWO: (SLOW)

SWAY LEFT, RIGHT CHASSE LEFT, SWAY RIGHT, LEFT, CHASSE ¼ RIGHT

- 1-2 Step left to left side, step right to right side
3&4 Step Left to Left side. Close Right beside Left. Step Left to Left side
5-6 Step right to right side, step left to left side
7&8 Step Right to Right side. Close Left beside Right. Make ¼ turn Right step forward Right.

SYNCOPATED FORWARD ROCK STEPS, PIVOT ¼ TURN RIGHT, CROSS STEP

- 9 - 10 Rock forward on Left. Rock back on Right.
&11 & 12 Step Left quickly beside Right. Rock forward on Right. Rock back on Left
&13 - 14 Step forward left. Pivot ¼ turn Right (weight on Right)
15 - 16 Cross step left over right. Step right to right side. 6 O'CLOCK

REPEAT: STEPS 1-16 x 4 times

SWAY LEFT, RIGHT CHASSE LEFT, SWAY RIGHT, LEFT, CHASSE RIGHT

- 17 & 18 Step left to left side, step right to right side
19 & 20 Step Left to Left side. Close Right beside Left. Step Left to Left side
21 & 22 Step right to right side, step left to left side
23 & 24 Step Right to Right side. Close Left beside Right. Step Right to Right side

SYNCOPATED RUMBA BOX ¼ TURN LEFT x 2

- 25 & 26 Step left ¼ turn to left, step right beside, step left forward
27 & 28 Step right to right, step left beside right, step right backward
29 & 30 Step ¼ turn left. step right beside, step left forward
31 & 32 Step right to right, step left beside right, step right backward

REPEAT: STEPS 17-32 x 2 times 12 O'CLOCK

REPEAT: SECTION ONE 12 O'CLOCK

T A G: Step Left. Touch Right Beside. Step Right. Touch Left Beside (4 Counts) 12 O'CLOCK

SECTION THREE: (F A S T)

WEAVE RIGHT, CROSS ROCK RECOVER, CHASSE LEFT

- 1-2 Cross step left over right. Step right to right side
3-4 Cross step left behind right. Step right to right side.
5-6 Cross rock left over right. Recover onto right.
7-8 Step left to left side. Close right beside left. Step left to left side.

WEAVE LEFT, CROSS ROCK RECOVER, CHASSE ¼ TURN RIGHT

- 9-10 Cross step right over left. Step left to left side.
11-12 Cross step right behind left. Step left to left side.

- 13-14 Cross rock right over left. Recover onto left.
 15-16 Step right to right side. Close left beside right. Make ¼ turn right stepping forward

WALK LEFT, RIGHT, LEFT SHUFFLE, ROCK RECOVER, CHASSE ¼ TURN RIGHT

- 17-18 Walk forward on Left. Walk Forward on Right
 19-20 Step left forward. Close right beside left. Step left forward
 21-22 Rock right forward. Recover onto left.
 23-24 Step right to right side. Close left beside right. Make ¼ turn right stepping forward

WEAVE LEFT & POINT, RIGHT CROSS, ½ RIGHT HINGE TURN, LEFT CROSS

- 25-26 Cross step left over right. Step right to right side
 27-28 Cross step left behind right. Point right to right side.
 29-30 Cross Right over left, turning ¼ right step left back
 31-32 Turning ¼ right step right side, cross left over right.

SIDE ROCK, SAILOR ¼ TURN, LEFT BACK ROCK RECOVER, WALK LEFT RIGHT

- 33-34 Rock right side. Recover on left.
 35-36 Cross right behind left. Step left to left side turning ¼ left. Step right in place.
 38-38 Rock back left. Recover onto right.
 39-40 Step left forward. Step right forward.

REPEAT: SECTION THREE (Steps 1-40) x 3 3 O'CLOCK

T A G: LEFT JAZZBOX. LEFT ¼ TURNING JAZZBOX 12 O'CLOCK

REPEAT: SECTION TWO (Steps 1-16 x 2, Steps 17-32 x 2) 12 O'CLOCK

REPEAT: SECTION THREE x 5 then on the 9 o'clock wall 9 O'CLOCK

Dance steps 1-24, changing steps 23&24 to R Backward Shuffle

SECTION FOUR: (VERY F A S T)

LEFT & RIGHT SAILOR STEPS, CROSS, UNWIND, FULL TURN, SIDE ROCK 12 O'CLOCK

- 1&2 Cross Left behind Right. Step Right to Right side. Step Left to place
 3&4 Cross Right behind Left. Step Left to Left side. Step Right to place.
 5-6 Cross Left behind Right. Unwind full turn Left weight ends on Left.
 7-8 Rock to Right side on Right. Recover onto Left in place.

RIGHT & LEFT SAILOR STEPS, CROSS, UNWIND, FULL TURN, SIDE ROCK

- 9&10 Cross Right behind Left. Step Left to Left side. Step Right to place.
 11&12 Cross Left behind Right. Step Right to Right side. Step Left to place.
 13-14 Cross Right behind Left. Unwind full turn Right weight ends on Right.
 15-16 Rock to Left side on Left. Recover onto Right in place.

RIGHT & LEFT VAUDEVILLE STEPS

- 17-18 Step Right to Right Side. Cross Left Behind Right.
 & 19 Step Right Diagonally Back Right. Touch Left Heel Diagonally forward Left
 & 20 Step Onto Left Side. Cross Right Behind Left
 21-22 Step Left to Left Side. Cross Right Behind Left
 & 23 Step Left Diagonally Back Left. Touch Right Heel Diagonally Forward Right.
 & 24 Step Onto Right In Place. Cross Left Over Right.

¼ MONTEREY TURN x 2

- 25-26 Touch Right Toe to Right Side. On ball of Left make ¼ Turn Right, Step Right to Left
 27-28 Touch Left to Left Side. Step Left Bside Right
 29-32 (Repeat Steps 25-28)

REPEAT: SECTION FOUR on 6 o'clock wall

FINISH: Bounce Right Heel Four Times. Bounce Left Heel Four Times

Bump Hips Left Twice Bump Hips Right Twice x 2

Swivel Hips Full Circle Left. Repeat to Right