

Life Can Change

COPPER KNOB
BY STEPSHEETS

拍数: 32 墙数: 4 级数: Easy Intermediate
编舞者: Alan Haywood (UK) - July 2009
音乐: No Worries - Simon Webbe : (Album: Sanctuary)



Intro: 21 seconds – straight after rapid drum beat when he sings the word 'So'

Alternative tracks:

I'm From The Country (dance mix) by Tracy Bird – 129bpm

Party Crowd by David Lee Murphy – 127bpm

Wine Women and Song by Patty Loveless – 126bpm

Section 1

R side, L behind & L cross shuffle, R side rock, recover L, R behind, L ¼ L, R forward

- 1-2 Step right to right side, cross step left behind right
&3&4 Step right to right side, cross step left over right, step right to right side, cross step left over right
5-6 Rock right to right side, recover weight onto left
7&8 Cross step right behind left, step left ¼ left, step forward onto right (9 o'clock)

Section 2

Rock forward L, recover R, triple ¾ L, R forward, ½ R, R coaster

- 1-2 Rock forward onto left, recover weight back onto right,
3&4 Triple ¾ left on the spot stepping left right left (12 o'clock)
5-6 Step forward onto right (prep for turn), make a ½ turn right stepping left back (6 o'clock)
7&8 Step back onto right, step left next to right, step right forward

Section 3

L over, R side, L behind & L heel dig & R over, L side, ¼ R coaster

- 1-2 Cross step left over right, step right to right side
3&4 Cross step left behind right, step right to right side, dig left heel diagonally left forward
&5-6 Step left next to right, cross step right over left, step left to left side
7&8 Making a ¼ turn right step right back, step left next to right, step right forward (9 o'clock)

Section 4

Rock forward L, recover R, triple ½ L, R forward, ½ L, walk forward R L

- 1-2 Rock forward onto left, recover weight back onto right
3&4 Triple ½ turn left stepping left right left (3 o'clock)
5-6 Step forward onto right, pivot ½ turn left (9 o'clock)
7-8 Walk forward right, walk forward left

REPEAT AND ENJOY!!

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