

More Than I Can Be

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Peter Metelnick (UK) & Alison Metelnick (UK) - July 2009
音乐: You Raise Me Up (feat. Tasmin) - Déjà Vu : (CD: 7 Anthem Mix)



Start after 48 count intro on the word 'down'

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(1-8) R Rocking Chair, R Cross Step, L Back, R Side, L Fwd Rock

1-4 Rock R forward, recover weight on L, rock R back, recover weight on L
5-8 Cross step R over L, step L back, step R side, rock L forward

(9-16) R Back Recover, 1&½ L Turn, R Fwd, L Rocking Chair (First 3 Steps)

1-2 Recover weight on R, turning ½ left step L forward
3-4 Turning ½ left step R back, turning ½ left step L forward (6 o'clock)
5-8 Step R forward, rock L forward, recover weight on R, rock L back

(17-24) 4th Step Of Rocking Chair, ¼ L Jazz Cross, Vine L 3

1-2 Recover weight on R, cross step L over R
3-4 Turning ¼ left step R back, step L side (3 o'clock)
5-8 Cross step R over L, step L side, cross step R behind L, step L side

(25-32) R Cross Rock & Recover, R Side Shuffle, L Cross Rock & Recover, Start Of 1&¼ L Turn

1-2 Cross rock R over L, recover weight on L
3&4 Step R side, step L together, step R side
5-6 Cross rock L over R, recover weight on R
7-8 Turning ¼ left step L forward, turning ½ left step R back

(33-40) Finish 1&¼ Turn, R Fwd Rock & Recover, Walk Back 2, R Touch Back & Unwind ½ R, ¼ L & L Side

1-4 Turning ½ left step L forward, rock R forward, recover weight on L, step R back (12 o'clock)
5-6 Step L back, touch R toes back
7-8 Unwind ½ right stepping down on R, turning ¼ right step L side (9 o'clock)

(41-48) R Rock Back & Recover, R Side Shuffle, L Cross Behind, R Side, L Cross Step, R Point

1-2 Rock R back, recover weight on L
3&4 Step R side, step L together, step R side
5-8 Cross Step L BEHIND R, step R side, cross step L over R, point R side

(49-56) ½ R Monterey, L Cross Step, R Side, ¼ L Toaster Step, R Fwd, ¼ L Pivot Turn

1-4 Turning ½ right step R together, point L side, cross step L over R, step R side (3 o'clock)
5&6 Turning ¼ left step L back, step R together, step L forward (12 o'clock)
7-8 Step R forward, pivot ¼ left (9 o'clock)

(57-64) R Fwd, ¼ L Pivot Turn, R Cross Shuffle, L Side Rock & Recover, L Coaster Step

1-2 Step R forward, pivot ¼ left
3&4 Cross step R over L, step L side, cross step R over L
5-6 Rock L side, recover weight on R
7&8 Step L back, step R together, step L forward

Option for counts 7&8 this section: Full left turning triple step

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