

# The Silence

**COPPER** KNOB  
STEPSHEETS

拍数: 80      墙数: 1      级数: Advanced  
编舞者: Val Parry (UK) - February 2010  
音乐: The Silence - Alexandra Burke



**INTRO - Starts on word "UP" as she sings "You Lift Me UP"**

**WALL 1 ONLY (Special sequence) - STARTS on Section 7 Dance through sections 7-10 and then Section 5-6 After completing wall 1 you will be facing the 6'clock wall. Now dance walls 2, 3, 4 with Tag at end of wall 3**

**Section 1: NOTE: Always starts on 6 o'clock wall**

**NEW - FULL ROLLING TURN RIGHT, CROSS ROCK  $\frac{1}{4}$ , FORWARD ROCK, BACK ROCK, PIVOT  $\frac{1}{2}$**

- 1, 2 &      Step 1/4 right, Turn 1/2 right stepping back on left, Turn  $\frac{1}{4}$  right stepping right to right side
- 3 4 &      Cross rock left over right, Recover onto right, turn  $\frac{1}{4}$  left stepping forward on left
- 5, 6      Rock Forward on right, recover weight on Left,
- 7 & 8 &      Rock Back on Right, Recover weight on left, step forward on right, pivot  $\frac{1}{2}$  left WOL [9]

**Section 2: FORWARD ROCK, SWEEP  $\frac{1}{2}$  COASTER STEP, CROSS ROCK, SIDE ROCK CROSS**

- 1, 2      Rock Forward on right, recover weight on left
- 3 & 4      Sweep  $\frac{1}{2}$  right, stepping Right behind Left, Step left next to right, step forward on Right.
- 5, 6      Cross rock left over right, Recover onto right
- 7 & 8      Rock left out to left side, recover weight on right, cross left over right WOL [3]

**Section 3: FULL ROLLING TURN RIGHT, CROSS ROCK  $\frac{1}{4}$ , FORWARD ROCK, BACK ROCK, PIVOT  $\frac{1}{2}$**

- 1, 2 &      Step 1/4 right, Turn 1/2 right stepping back on left, Turn  $\frac{1}{4}$  right stepping right to right side
- 3 4 &      Cross rock left over right, Recover onto right, turn  $\frac{1}{4}$  left stepping forward on left
- 5, 6      Rock Forward on right, recover weight on Left,
- 7 & 8 &      Rock Back on Right, Recover weight on left, step frwr on right, pivot  $\frac{1}{2}$  left WOL [6]

**Section 4: FORWARD ROCK, SWEEP  $\frac{1}{2}$  COASTER STEP, CROSS ROCK, SIDE ROCK CROSS**

- 1, 2      Rock Forward on right, recover weight on left
- 3 & 4      Sweep 1/2 right, stepping Right behind Left, Step left next to right, step forward on Right.
- 5, 6      Cross rock left over right, Recover onto right
- 7 & 8      Rock left out to left side, recover weight on right, cross left over right WOL [12]

**Section 5: RIGHT AND LEFT NIGHTCLUB BASICS, STEP FULL TURN, MAMBO FORWARD**

- 1, 2 &      Step right long step to right. Rock left back behind right. Recover onto right.
- 3, 4 &      Step left long step to left. Rock right back behind Left. Recover onto left.
- 5, 6, 7,      Step forward on right, Moving forward, make full turn right stepping left back, right forward
- 8 & 1      Rock forward on left, recover weight on right, Step back on left WOL [12] (\*\*WALL 1 [3] )

**Section 6: SWEEP, STEP BEHIND, (4 Times) SAILOR  $\frac{1}{4}$ , CROSS**

- &2 &3      Sweep right out from front. Step right behind left. Sweep left out from front. Step left behind right.
- &4 &5      Sweep right out from front. Step right behind left. Sweep left out from front. Step left behind right.
- 6 & 7      Sweep right out 1/4 turn right Cross right behind left, step left in place, Step right to right side
- 8      Cross step Left over Right WOL [3] (\*\*WALL 1 [6])

**Section 7: THIS IS WHERE WALL ONE STARTS**

**SIDE, CROSS ROCK SIDE, CROSS  $\frac{1}{4}$   $\frac{1}{4}$ , CROSS ROCK, FULL ROLLING TURN**

- 1, 2 & 3      Step Right long step right, Cross rock left over right, recover weight on right, Step left to left side
- 4 & 5      Cross right over left, turn ¼ right stepping back on left, turn ¼ right stepping right to right side
- 6, 7,      Cross rock left over right, recover weight on right
- 8 & 1      Turn ¼ left, step L frwd, turn ½ left step R back, Turn ¼ left step L side, WOL [9] (\*\*WALL 1 [6])

#### **Section 8: CROSS, SIDE, SAILOR ¼, WALK, WALK, STEP PIVOT ½, STEP FORWARD**

- 2, 3,      Cross step Right over Left, step Left to Left side.
- 4 & 5      Sweep Right behind Left, make 1/4 turn to Right step Left next to Right, step forward on Right.
- 6, 7,      Walk Forward L, R,
- 8 & 1      Step forward Left,. Pivot 1/2 turn right, Step forward left WOL [6] ] (\*\*WALL 1 [3])

#### **Section 9: FORWARD ROCK, COASTER STEP, STEP TURN BACK, SHUFFLE HALF TURN**

- 2, 3,      Forward Rock on right, recover on left
- 4 & 5      Step back on right, step left next to right, step forward on right
- 6, 7,      Step forward on left, turn ½ left stepping back on right
- 8 & 1      shuffle 1/2 turn left stepping left, right, left WOL [6] ] (\*\*WALL 1 [3])

#### **Section 10: CROSS ROCK, SIDE ROCK CROSS, SWAY LEFT RIGHT LEFT**

- 2, 3,      Cross rock right over left, Recover onto left
- 4 & 5      Rock right out to right side, recover weight on left, cross right over left
- 6, 7, 8      Sway L, Sway R, Sway L WOL [6] ] (\*\*WALL 1 [3])

#### **TAG 8 Counts, Done once only facing the 6 o'clock wall after wall 3**

- 1 - 2      Step right to right side, 1/2 hinge turn right stepping left to left side,
- 3 - 4      Sway onto right, Sway onto left
- 5 - 6      Step right to right side, 1/2 hinge turn right stepping left to left side,
- 7 - 8      Sway onto right, Sway onto left WOL [6]

#### **ENDING DANCE UP TO COUNT 5 OF SECTION 10 replace counts 6,7,8, with**

- 6,7,8      sway L, Step right to right side, 1/2 hinge turn left stepping left to left side WOL [12]

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