

Cyclone

COPPER KNOB
STYPSHEETS

拍数: 32 墙数: 2 级数: Advanced WCS style
编舞者: Rachael McEnaney (USA) & Deborah Szekely (USA) - August 2010
音乐: Cyclone - Ernie Halter : (Album: Starting Over)



Count In: 16 counts from start of track – dance begins on vocals

(1 - 8) Diagonal step forward with body roll/hip circle, weave R with full turn L, R lunge, R jazz box with ¼ turn

- 1 - 2 Take big step forward on right diagonal (styling: body roll up or big hip circle counter clockwise) (1), close left next to right (2) 12.00
- 3 & 4 Step right to right side (3), make 1/8 turn left stepping left behind right (&), make 1/8 turn left stepping back on right (4) 9.00
- & 5 Make ½ turn left stepping forward on left (&), make ¼ turn left stepping right foot to right side (bend right knee into lunge position) 12.00
- & 6 Push into right foot straightening right knee as you ripple body upwards (&), transfer weight onto left (6) 12.00
- 7 & 8 Cross right over left (7), make ¼ turn right stepping back on left (&), step right next to left (8) 3.00

(9 - 16) Step L, lock R, full turn R, boogie walk L R, L mambo with L touch back, ½ turn L, shimmy, body dips

- & 1 Step forward on left (&), touch ball of right behind left (1) (it will help next turn if you lock R foot as far to L of L foot as poss) 3.00
- 2 Unwind full turn to right transferring weight onto right foot (2) 3.00
- 3 & 4 & Step forward on left (3), step forward on right (&), rock forward on left (4), recover weight onto right (&) 3.00

styling

On the 2 walks forward on counts 3& soften knees and push each hip out to side as you take the step.

On the mambo with left foot you could add a body ripple forward on lyrics "body" on count 4

- 5 & 6 & Touch left toe back (5), make ½ turn left transferring weight onto both feet (&) shimmy both shoulders – keep head looking to front wall (6&) 9.00
- 7 – 8 "Butt roll" – to create this action: bend both knees as if sitting down, lift 'tail bone' so push butt back, straighten knees butt returns to place – this is all done in 1 count so you will do it twice for counts 7 – 8 9.00

(17 - 24) Ball walk, walk, R mambo, step back L, touch back, ¼ turn R, 2 and 1/2 turns left (or 1 ½ turns)

- & 1 2 Step left next to right (&), step forward on right (1), step forward on left (2) 9.00
- 3 & 4 & Rock forward on right (3), recover weight onto left (&), step back on right (4), step back on left (&) 9.00
- 5 - 6 Touch right toe back (5), make ¼ turn right taking all weight into right foot as you prep upper body all way to right (6) 12.00
- & 7 & 8 & Make ¼ turn left stepping forward on left (&), make ½ turn left stepping back on right (closing) (7), make ½ turn left stepping forward on left (&), make ½ turn left stepping back on right (closing) (8), make ½ turn left stepping forward on left (&)

The reason I have written 'closing' as you take the step with right foot is this makes the turn faster if you close the feet for what is known as a chaine turn. 9.00

Option:

Easy option for last 2 counts above:

- 7 & 8 Make ¼ turn stepping forward on left (7), make ½ turn stepping back on right (&), make ½ turn stepping forward on left (8)

(25 - 32) R press lunge, ½ turn R, R side L cross R side rock cross, L touch, ½ turn L, L ball cross, jazz box

- 1 - 2 Make ¼ turn left pushing ball of right foot into floor with right knee bent (1), make ½ turn right on ball of left hitching right knee close to left calf (2) 12.00

- 3 & 4 & 5 Step right to right side (3), cross left over right (&), rock right to right side (4), recover weight onto left (&), cross right over left (5) 12.00
- & 6 Touch left to left side (&), push off ball of left toe making ½ turn to left closing left towards right with no weight (6) 6.00
- & 7 & 8 Step ball of left foot in place (&), cross right over left (7), step back on left (&), step right to right side (8), step forward on left (&) 6.00

START AGAIN, HAVE FUN!

TAG: 3rd wall. Begin 3rd wall facing 12.00 – dance the first 16 counts which will take you up to the butt roll

- 1 & 2 & Square up to face front wall crossing right over left (1), step back on left (&), step right to right side (2), step forward on left (&) 12.00

Start again from the beginning!

www.dancejam.co.uk - Rachaeldance@me.com - Tel: 07968 181933
