

Welcome Back, My Love

COPPER KNOB
BY STEPHENETS

拍数: 40 墙数: 4 级数: Improver
编舞者: Sebastiaan Holtland (NL) & TM - February 2011
音乐: Hello Goodbye - Ann Tayler : (CD: Come On, 02:17)



Intro: 16 Counts (07 Sec)

Sec 1: 1-8] Side Stomp, Lift Knee, Step Out, Shift Weight To Right with 1/4 Turn L, 1/4 Turn R, Side, Together, Side, Hitch, Side, Together, 1/4 Turn R, Fwd

1&2 Stomp Rf to right, lift left knee hook Lf behind R leg, step Lf out to left (2nd Position) (12)
3&4 Twist on ball of both feet turn 1/4 to left (9) (Shift weight to right) dip body down
5&6& Coming up turn 1/4 to right (12) step Lf to left, step Rf beside Lf, step Lf to left, Hitch R knee up
7&8 Step Rf to right, step Lf beside Rf, turn 1/4 to right (3) step forward on Rf weight Rf

Note: During steps 1 through 4: Both arms across your body (Put left arm on right arm and both elbows on arm height (on count 2).

Holding head (facing to the front). Make a circle with both arms (still in position) up and down to the left, Turn head 1/4 to the left

Sec 2: [9-16] 1/4 Turn R, Side, Behind, 1/4 Turn L, Fwd, 1/4 Turn R, Back, Side, Cross, Syncopated Hip Bums R-L-R, 1/4 Turn R, Coaster Step

1&2& Turn 1/4 to right (6) step Lf to left, step Rf behind Lf, turn 1/4 to left (3) step forward on Lf, step forward on Rf
3&4 Turn 1/4 to right (6) step back on Lf, step Rf to right, cross Lf over Rf weight onto Lf
5&6 Step Rf to right bump R hip to right, bump L hip to left, bump R hip to right weight onto Rf
7&8 Turn 1/4 to right (9) step back on Lf, step Rf next to Lf, step forward on Lf weight onto Lf

(Coaster Step) **Restart**

Restart Here WALL 2 after 16 count (Facing 6 o'clock)

Sec 3: [17-24] Rock / Recover, Side, Sailor Step with 1/4 Turn R, Syncopated Steps & Lifts Fwd

1&2 Rock forward on Rf, recover on Lf, step Rf to right weight onto Rf (9:00)
3&4 Step Lf behind Rf, turn 1/4 to right (12) stepping forward on Rf, stepping forward on Lf
5&6 Stepping forward on Rf and lifting L knee up, stepping forward on Lf and lifting R knee up, stepping forward on Rf and lifting L knee up
7&8 Stepping forward on Lf and lifting R knee up, Stepping forward on Rf and lifting L knee up, Stepping forward on Lf and lifting R knee up (12:00)

Sec 4: [25-32] Cross, 1/4 Turn R, Back, Side, Fwd, Point Together Point, Replace, Cross, 1/4 Turn R, Back, Side, Fwd, Dig Heel, Replace, Dig Heel, Replace

1&2& Cross Rf over Lf, turn 1/4 to right (3), stepping back on Lf, step Rf to the right, step Lf forward
3&4& Point right out to right, step Rf beside Lf, point Lf out to left, step Lf back in place weight onto Lf
5&6& Cross Rf over Lf, turn 1/4 to right (6), stepping back on Lf, step Rf to the right, step Lf forward
7&8& Touch R heel diagonally forward, step Rf back in place, touch L heel diagonally forward, step Lf back in place (6)

Sec 5: [33-40] Right Heel Grind Across Left, Weave Left, Rock / Recover, Side, Weave Right with 1/4 turn R, Rock / Recover, Together

1&2& Grind R heel over Lf, step Lf to left, cross step Rf behind Lf, step Lf to the left (6:00)
3&4 Rock forward on Rf, recover on Lf, step Rf to right weight onto Rf
5&6& Cross Lf over Rf, step Rf to right, step Lf behind Rf, turn 1/4 to right (9) step forward on Rf weight onto Rf
7&8 Rock forward on Lf, recover on Rf, step Lf next to Rf take weight onto both feet

Optional: At the last part of the song you hear 4 times "Hello, goodbye" after 24 count (Facing 3 o'clock). You can end with the counts 21 through 24 with quarter turns to right at the last count 24 make a quarter to side to facing 12:00 o'clock

Start again and have fun!

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