

Save My Life

COPPER KNOB
BY STEPHEN

拍数: 36 墙数: 4 级数: Intermediate
编舞者: Kim Ray (UK) - June 2011
音乐: Last Night a D.J. Saved My Life - Indeep : (Album: Disco Night Vol. 2 - 4:30)



CROSS, SIDE, SAILOR ¼ TURN, STEP FORWARD, ½ TURN, BACK LOCK STEP

1-2 Cross right over left, step left to left side
3&4 Cross right behind left, ¼ turn right stepping left in place, step right in place
5-6 Step forward on left, ½ turn left stepping back on right
7&8 Step back on left, cross right over left, step back left

ROCK BACK/RECOVER, KICK BALL POINT, AND POINT, ¼ TURN TOUCH, KICK BALL POINT

9-10 Rock back on right, recover forward on left
11&12 Kick right forward, step right in place, point left toe to left side
&13-14 Step left in place, point right toe to right side, ¼ turn right bringing right in to touch next to left
15&16 Kick right forward, step right in place, point left toe to left side

CROSS, STEP BACK, CHASSIS ¼ TURN, PIVOT ¼ TURN, CROSS ½ TURN

17-18 Cross left over right, step back on right
19&20 Step left to left side, step right next to left, ¼ left stepping forward on left
21-22 Step forward on right, ¼ pivot turn left
23-24 Cross right over left, ¼ turn right stepping back on left, ¼ turn right stepping right to right side

CROSS & HEEL, TOUCH & TOUCH, BACK & HEEL & STEP, PIVOT ½ TURN

25&26 Cross left over right, step slightly back on right, touch left heel forward
&27&28 Step left in place, touch right toe next to left, step right in place, touch left toe next to right
&29&30 Step slightly back on left, touch right heel forward, step right in place, step forward on left
31-32 Step forward on right, ½ pivot turn left

FULL TURN, ¼ PIVOT

33-34 ½ turn left stepping back on right, ½ turn left forward on left
35-36 Step forward on right, ¼ pivot turn left

Start again.

Contact: Tel - 01908 607325 / e-mail - kim@kray1.orangehome.co.uk - www.bluegrasslinedancers.com