

Aliens & UFOs

COPPER KNOB
BY STEPHEN

拍数: 68 墙数: 2 级数: Intermediate / Advanced
编舞者: Peter Metelnick (UK) & Alison Metelnick (UK) - June 2011
音乐: Aliens & UFO's - Vanessa Amorosi : (3:15)



24 count intro – start on verse vocals.

[1-9] Walk back R & L, R & L apart bumping hips L/R/L, R rock back/recover, walk fwd R & L (or L full turn fwd over 2 counts)

1-2 Step R back, step L back
&3-5 Step R back, step L apart bumping L hip, bump R hip, bump L hip (weight on L)
6-7 Rock R back, recover weight on L
8-1 Turning ½ left step R back, turning ½ left step L forward

Non-turning option 8-1: step R forward, step L forward

[10-16] Scuff R fwd, R cross step, L back, R back, scuff L fwd, L cross step, R back

2-4 Scuff or sweep R over L, cross step R over L, step L back
5-6 Step R back on right diagonal, scuff or sweep L over R
7-8 Cross step L over R, step R back

[17-24] L back, R touch tog, R fwd shuffle, ¼ R sweep on L, L cross step, R side, L tog

1-2 Step L back, touch R together
3&4 Step R forward, step L together, step R forward
5-6 Sweep L over R turning ¼ right, cross step L over R (3 o'clock)
7-8 Step R side, step L together

[25-32] R side, L cross rock/recover, L side, L diagonal rocking chair (R lead)

1-4 Step R side, cross rock L over R, recover weight on R, step L side
5-6 Turning towards L diagonal rock R forward, recover weight on L (1 o'clock)
7-8 Rock R back, recover weight on L

[33-40] L diagonal: R fwd, L tap, L back squaring to wall, R side, L cross step, R tog, twist heels R, twist toes R

1-2 Still on L diagonal step R forward, tap L behind R
3-6 Step L back squaring to wall (3 o'clock), step R side, cross step L over R, step R together
7-8 With feet together twist heels right, twist toes right (weight ends on R)

[41-48] R diagonal: L fwd, R tap, R back squaring to wall, L side, R cross step, L tog, twist heels L, twist heels right turning ¼ L

1-2 On right diagonal (5 o'clock) step L forward, tap R behind L
3-6 Step R back squaring to wall (3 o'clock), step L side, cross step R over L, step L together
7-8 With feet together twist heels left, twist heels right turning ¼ left (weight on L) (12 o'clock)

[49-56] R fwd rock/recover, ½ R shuffle, L fwd rock, L fwd rock/recover, L back shuffle

1-2 Rock R forward, recover weight on L
3&4 Turning ½ right step R forward, step L together, step R forward (6 o'clock)
5-6 Rock L forward, recover weight on R
7&8 Step L back, step R together, step L back

RESTART 2: During WALL 5 dance up to this point and restart the dance facing back wall

[57-64] R touch back, ½ R, L fwd, ½ R pivot, L fwd shuffle, R fwd rock/recover

1-4 Touch R back, turning ½ right step heel down, step L forward, pivot ½ right
5&6 Step L forward, step R together, step L forward

7-8 Rock R forward, recover weight on L

RESTARTS 1&3: During WALLS 4 & 6 dance up to this point and restart the dance facing front wall.

[65-68] R back rock/recover, R fwd, ½ L pivot

TO BEGIN THE DANCE AGAIN TURN ANOTHER ½ L

1-4 Rock R back, recover weight on L, step R forward, pivot ½ left, turn another ½ left as you start the dance again stepping R back

Non-turning alternative for 3-4: Rock fwd/recover

Contact: Tel: 01462 735778 - Web site: www.thedancefactoryuk.co.uk
