

If I Die Young

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate NC2S
编舞者: Greg Markish (USA) - July 2011
音乐: If I Die Young - The Band Perry : (Album: The Band Perry)



Start dancing on lyrics, "Lord make me a rainbow," approximately 22 seconds into track.

[1-8&] Basic Right; Basic Left with ¼ Right; Full Turn Triple; Point; ½ Monterey; Heel Flick

- 1-2& Step right to right side, Step on ball of left behind right, Recover (or step) right across left
3-4& Step left to left side, Step on ball of right behind left, Turn ¼ right stepping forward on left with prep (3:00)
5&6 Turn ¼ left stepping onto right, Turn ½ left stepping onto left, Turn ¼ left stepping forward on right
7&8& Point and touch left toe left, Turn ½ left on ball of right ending feet together with weight on left, Point and touch right toe right, Gently flick right heel back preparing for basic (9:00)

[9-16] Traveling Basic Right; Traveling Basic Left; Sway Walk; Back Traveling Sailor

- 1-2& Step right on right diagonal, Step on ball of left behind right, Recover (or step) right across left
3-4& Step left on left diagonal, Step on ball of right behind left, Recover (or step) left across right
5-6 Step right forward with right hip sway, step left forward with left hip sway
7&8 Step right behind left, Step/lock left back over right, step right back on right diagonal

Note for 7&8 and the next 1&2 maintain a slow sailor type sway for styling and flow.

[17-24] ½ Turning Sailor; Step-Tap-Step; ½ Turn Triple; ½ Chase Turn

- 1&2 Turn ¼ left with left sweep behind right, Recover right, Turn ¼ left stepping forward on left (3:00)
3&4 Step right forward, Tap left toe to right heel with slight right knee dip, Step back on left
5&6 Turn ¼ right stepping onto right, Bring left to right, Turn ¼ right stepping forward on right (9:00)
7&8 Step left forward, Turn ½ right on ball of left ending feet together with weight on right, Step forward on left with prep (3:00)

[25-32&] Full Turn Triple into Rocking Chair; Step with ½ Sweep; Weave with Sweep; ¼ Turn; ¼ Turn; Cross

- 1&2&3& Turn ¼ left stepping onto right, Turn ½ left stepping onto left, Turn ¼ left rocking onto right, Recover left, Rock back onto right, Recover left
4 Step forward on ball of right while sweeping left through ½ turn right (9:00)
5&6 Step left across right, Step right to right side, Step left behind right while sweeping right behind left
7&8& Step right behind left, Turn ¼ left stepping forward onto left, Turn ¼ left stepping onto right, Step left across right (3:00)

Begin Again

TAGS:

Wall 4 - Near the end of wall four the music slows, continue dancing to complete the wall, but hold the final '&' count.

Hold for approximately 2-counts before the music continues "A Penny for my thoughts".

Wall 5 – The music slows from counts 14 (sway walks) through 18 (½ Turning Sailor) before shifting to an 8-count guitar strum.

Dance through count 18, then do the following for the 8-count strum:

- 1-2& Basic Right: Step right to right side, Step on ball of left behind right, Recover (or step) right across left

- 3-4& Basic Left: Step left to left side, Step on ball of right behind left, Recover (or step) left across right
- 5-6 Small step right to right side to square hips while swaying hips right, swap hips left
- 7-8 Sway hips right, swap hips left while gently flicking right heel back preparing for basic

ENDING: Wall 7 – The music will slow through counts 22, dance to the Step-Tap-Step (19&20), then do the following slight modification:

- 5&6& Turn ¼ right stepping onto right, Gather left to right, Step right to right side, Present left heel, hold, and take a bow on “pearls”

Last revision on site - 2nd August 2011
