

Show Me Heaven

COPPER **NOB**
BY STEPHEN METZ

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Barbie Snell (UK) - November 2011
音乐: Show Me Heaven - Maria McKee : (3:47)



Intro 16 counts

L SIDE, BEHIND SIDE CROSS, ½ UNWIND, STEP, MAMBO, BACK LOCK SWAY

1, 2&3 Step L to L side, step R behind, L to L side, Cross R (keeping weight on toes)
4, 5 Unwind ½ turn over L shoulder taking weight on L, step fwd onto R.
6&7 Rock L fwd, recover on R, step slightly back on L
8&1 step R across L, back on L, Rock back onto R

SWAY, SWAY HITCH, L LOCK FWD, SWAY, 1/4 L, UNWIND 5/8

2, 3 Rock fwd onto L, rock back onto R hitching L slightly
4&5 Step fwd on L, Lock Right behind, step fwd on L
6, 7 Sway out to R, make ¼ turn left recovering on L
8&1 Cross R (weight on toes), unwind 5/8, step onto L (7 o'clock)

DIAG. CROSS BACK BACK, CROSS BACK ¼, ROCKING CHAIR, ROCK REC 3/8 TURN R

2&3 (Facing R Diagonal) step R across L, back on L, back on R
4&5 Step L across R, back on R, make ¼ turn L stepping L to L side (5 o'clock)
6&7& Rock R fwd, recover on L, rock R back, recover on L
8&1 Rock R fwd, as you recover on L swing R round, making 3/8 R turn stepping down on R on count 1 (9 o'clock)

½ TURN R, SAILOR, WEAVE, SWAYS x 3

2 Make ½ R stepping back on L (3 o'clock)
3&4 Sweep R behind, step L side, step R side
5&6 Cross L behind R, step R side, cross L over R
7&8 Sway R, Sway L, Sway R

Start Again
