

Get On My Cloud

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Nikki Reeve (UK) - April 2012
音乐: On My Cloud - Olly Murs : (Album: In Case You Didn't Know)



Intro 16 Counts

Right shuffle forward, Step ½ turn Step, Right Rocking Chair, Point Right & Point Left

1&2 Step R forward, Step L next to R, Step R forward
3&4 Step L forward, Pivot ½ turn Right, Step L forward
5&6& Rock R forward, Recover on L, Rock R back, Recover on L
7&8 Point R to R side, Step R next to L, Point L to L side

Left Sailor Step, Right Sailor ¼ Turn, Step ½ turn Step, Full Turn R L R (or run, run, run)

1&2 Cross L behind R, Step R to R side, Step L to L side
3&4 Cross R behind L, Step back on L making ¼ turn R, Step R to R side
5&6 Step L forward, Pivot ½ turn Right, Step L forward
7&8 Turn ½ turn L stepping back on R, Turn ½ turn L stepping forward on L, Step R forward

(Alternative counts 15 & 16: Step forward on R, Step forward on L, Step forward on R)

Step Left to Side, Hold and Step Together, Rock Left to Side, Recover ¼ R, Left Shuffle forward

1-2 Step L to L side, Hold
&3-4 Step R next to L, Step L to L Side, Step R next to L
5-6 Rock Left to left Side, Recover turning ¼ turn R
7&8 Step L forward, Step R next to L, Step L forward

Point Right forward, Point Side, Cross Behind Unwind ¾, Point Left forward, Point Back, Step Left Forward, Touch right next to left

1-2 Point R forward, Point R to R side
3-4 Cross R behind L, Unwind ¾ turn R
5-6 Point L forward, Point L back
7-8 Step L forward, Touch R next to L

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