

My Promises

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 2 级数: Intermediate
编舞者: John Warnars (NL) - September 2012
音乐: I Do Now - Brad Paisley : (CD: This Is Country Music)



Info: 2 restarts, at walls 2 (12) and 5(12) , on count 1 of block 2!

Dance Starts on the word - I never "KNEW"

(01-09) R SIDE STEP, CROSS ROCK BACK, RECOVER, L SIDE STEP, CROSS ROCK BACK, RECOVER, ¼ TURN L STEP BACK, SWEEP into ½ SAILOR TURN L, CROSS ROCK, RECOVER, R SIDE STEP;

1 RF step to right side,
2&3 cross rock LF behind RF, recover back on LF, LF step to left side
4&5 cross rock RF behind LF, recover back on RF, RF step with ¼ turn left backwards (9:00),
6&7 LF sweep with ½ turn left behind RF (3:00), RF step next LF, LF step forwards,
8&1 cross rock RF over LF, recover back on LF, RF step to right side,

(10-17) CROSS ROCK BACK, RECOVER, ¼ TURN R STEP BACK, R COASTER STEP, L LOCK STEP FWD, CROSS ROCK, RECOVER, R SIDE STEP;

2&3 LF cross rock behind RF, recover back on RF, RF step with ¼ turn right backwards (6:00)
4&5 RF step backwards, LF step next RF, LF step forwards,
6&7 LF step forwards, RF cross behind LF (lock), LF step forwards,
8&1 cross rock RF over LF, recover back on LF, RF step to right side, (Restarts at wall 2 & 5)

(18-25) CROSS ROCK. RECOVER, L SIDE STEP, CROSS ROCK BACK, RECOVER, ¼ TURN L STEP BACK, SWEEP into SAILOR ROCK, RECOVER, L SIDE STEP, R CROSS STEP;

2&3 cross rock LF over RF, recover back on RF, LF step to left side,
4&5 cross rock RF behind LF, recover back on LF, RF step with ¼ turn left backwards (3:00),
6&7 sweep LF behind RF, step RF to right side, cross rock or press LF over RF,
8&1 recover back on RF, LF step to left side, cross step RF over LF,

(26-32&)L SCISSOR STEP with ¼ TURN R, R STEP FWD, ½ PIVOT L, ½ TURN L STEP BACK, L COASTER CROSS, R CROSS ROCK, RECOVER;

2&3 LF step to left side, RF step with ¼ turn right next LF (6:00), LF step forwards,
4&5 RF step forwards, LF&RF make a ½ turn left (12:00), RF step with ½ turn left backwards (6:00),
6&7 LF step backwards, RF step next LF, cross step LF over RF,
8& cross rock LF over RF, recover back on LF,

[1] Start again, (RF step to right side)

Restarts; At walls 2 & 5, on count 1 from block 2 (both on 12:00)

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