

Co Pilot

拍数: 64 墙数: 4 级数: Phrased Intermediate
编舞者: Nathalie Lagache (FR) - October 2012
音乐: Co-Pilot - Corneille & Kristina Maria



Start after 32 counts on lyrics - Sequences : A A B B A A B B A A A B B A

Pattern A

A Part 1 [1 – 8]

Side, Behind, Side, Cross, Side, Pivot ¼ turn, kick, coaster step

- 1-2 R to Right Side, L behind R
- 3&4 R to right side, L beside R, R to R side
- 5-6 Pivot ¼ turn R, Kick with R (3:00)
- 7&8 Back step with R, L next to R, L fwd

A Part 2 [9 – 16]

Side, Hold, touch, Side, 2x ½ turn R, Syncopated Back Cross Rock Step

- 1-2 L to left side, hold (with 2 movments of shoulders)
- 3-4 Touch with R, R to right side,
- 5-6 Right Pivot ½ turn with L to left (R hand behind neck), Right Pivot ½ turn with R to right side
(L hand behind neck) (3:00)
- 7&8 Back Rock step with L crossing behind R, recover R, L next to R

A Part 3 [17 - 24]

(Touch, Pivot ¾ de tour D) x2, R Mambo, L Back Rock Step ,

- 1-2 Touch with R, Right Pivot ¾ turn with R fwd (12:00)
- 3-4 Touch with L, Right Pivot ¾ turn with weight onto L (9:00)
- 5&6 R to right side, recover L, R next to L
- 7-8 Left back step, recover R

A Part 4 [25 – 32]

Side, cross, Scissor Cross, Heel switches Ball Cross

- 1-2 L to left, R next to L
- 3&4 L to left, R next to L, L cross over R
- 5&6&& R Heel fwd, recover R, L Heel fwd, recover L
- 7&8 R Heel fwd, Ball on R, L cross over R

Pattern B (for a start to 9:00)

B Part 1 [1 – 8]

Side, Cross beside, Sweep, Cross, Side, Cross beside, R Sweep ¼ turn, Step fwd

- 1-2 R to right side, cross L over R
- 3-4 Sweep with R, cross R over L
- 5-6 L to left side, Cross R over L
- 7-8 Sweep ¼ turn R, L fwd (12:00)

B Part 2 [9 – 16]

Step fwd, Touch, Recover, Back Rock Step, L full turn ;

- 1-2 R fwd, touch L behind R (hold out right hand)
- 3-4 L back step, Back Rock step on R (hold out left hand, shoulders pivot)
- 5-6 L fwd, ¼ turn left with R to the right (9:00)
- 7-8 ½ turn left with L to the left, ¼ turn left with R fwd (12:00)

B Part 3 [17 - 24]

Point, Step fwd, Point, Step fwd, Point, Ball Step, Pivot ½ tour L

- 1-2 Point L to left (hold out R hand to R), L fwd
3-4 Point R to right (hold out L hand to L), R fwd
5&6 Point L to left (hold out R hand to R), L behind R, R fwd
7-8 Left pivot ½ turn on both foot (6:00)

B Part 4 [25 – 32]

Heel Switches, Point x 3, ball, Cross

- 1&2 R heel fwd, recover R, L heel fwd
&3&4 Recover L, R heel fwd, Recover R, L heel fwd
&5&6 Recover L, Point R to right (L hand to L), recover R, Point L to left (R hand to R)
&7&8 Recover L, Point R to right (R hand to R), recover R, cross L over R

Ending :-

Dancing the ten latest counts of the 8th A. For the latest two counts, make only one movement of shoulders and lean you.

Restart & have fun !
