

Everything What I Want

COPPERKNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: High Beginner
编舞者: Sebastiaan Holtland (NL) - November 2012
音乐: Everything at Once - Lenka : (iTunes)



16 count intro, start dancing at (06 sec).

[1-8] R Heel Grind, Side, Behind, Side, Cross Rock, Recover, Side, Syncopated Vine R, ¼ R, Side, L Lock Step.

1&2& Heel grind with Rt (toe in), swivel Rt toe out step Lt to the left, step Rt behind Lt, step Lt to the left. (12)
3&4 Cross rock Rt forward, recover on Lt, step Rt to the right.
5&6& Cross Lt over Rt, step Rt to the right, step Lt behind Rt, turn ¼ right (3) step Rt to the right.
7&8 Step Lt forward, lock Rt behind Lt, step Lt forward weight onto Lt.

[9-16] Syncopated Hip Bumps R-L-R, L Chasse ¼ L, Syncopated Hip Bumps R-L-R, ½ Triple L.

1&2 Step Rt to the right bump R hip to right, bump L hip to left, bump R hip to right.
3&4 Step Lt to the left, step Rt next to left, turn ¼ left (12) step Lt forward. ****Restarts****
5&6 Step Rt to the right bump R hip to right, bump L hip to left, bump R hip to right.
7&8 Triple ½ left (6) step Lf slightly forward, step Rf beside Lf, step Lf slightly forward weight onto Lf.

1st Restart here WALL 2 after 12 counts (Facing 9 o'clock) after start again (Facing 9 o'clock).

2nd Restart here WALL 5 after 12 counts (Facing 3 o'clock) after start again (Facing 3 o'clock).

[17-24] Side, Touch, Side, Touch, Rolling Vine R, Side, Stomp, Side Stomp, ¼ L, ¼ L, Side, Back.

1&2& Step Rt to the right, touch Lt next to Rt, Step Lt to the left, touch Rt next to Lt.
3&4 Turn ¼ right (9) step Rt forward, turn ½ right (3) step Lt back, turn ¼ right (6) step Rt to the right.
5&6& Step Lt to the left, stomp Rt next to Lt, step Rt to the right, stomp Lt next to Rt.
7&8 Turn ¼ left (3) step Lt forward, turn ¼ left (12) step Rt to the right, step Lt back. (12:00).

[25-32] Syncopated Heel Grind ¼ R, Back, L Lock Step, ½ Pivot L, Runs Fwd R-L, Knee Lift R.

1&2 Heel grind with Rt (toes from left to right) turn ¼ right (3), step Lt back, step Rt back.
3&4 Step Lt forward, lock Rt behind Lt, step Lt forward weight onto Lt.
5-6 Step forward on Rf, turn ½ left (9) take weight onto Lf.
7&8 Run Rt forward, run Lt forward, lift R knee up. (9:00)

Start again and have fun!

Contact: smoothdancer79@hotmail.com