

Pride

COPPER **NOB**
BY STEPHEN METZ

拍数: 32 墙数: 4 级数: Novice - Lilt
编舞者: Andreas Müller (DE) - November 2012
音乐: Pride - Amy Macdonald : (Album: Life In A Beautiful Light - 3:23)



Intro: 16 Count Intro

SIDE ROCK / SAILOR STEP / SHUFFLE FORWARD / STEP ¼ L TURN

1-2 Step RF to R (1), Recover weight on LF (2) – 12:00
3&4 Cross RF behind LF (3), Step LF to L side (&), Step RF in place (4) – 12:00
5&6 Step LF forward (5), Close next to LF (&), Step LF forward (6) – 12:00
7-8 Step RF forward (7), make ¼ turn L weight on LF (8) – 9:00

CROSS / SIDE / BEHIND-SIDE-CROSS / KICK-BALL CROSS x2

1-2 Cross RF over LF (1), Step LF to L (2) – 9:00
3&4 Cross RF behind LF (3), Step LF to L (&), Cross RF over LF (1) – 9:00
5&6 Kick LF forward (5), Step LF together (&), Cross RF over LF (6) – 9:00
7&8 Kick LF forward (7), Step LF together (&), Cross RF over LF (8) – 9:00

SIDE ROCK / SAILOR ¼ TURN L / HEEL SWITCH / & SHUFFEL FORWARD

1-2 Step LF to L (1), Recover weight on RF (2) – 9:00
3&4 Cross LF behind RF (3), Turn ¼ L and step RF together (&), Step LF in place (4) – 6:00
5&6 Touch RF heel forward (5), Step RF in Place (&), Touch LF heel forward (6) – 6:00
&7&8 Step LF in Place (&), Step RF forward (7), Close next to RF (&), Step RF forward (8) – 6:00

POINT & POINT / FLICK / SIDE SHUFFLE / CROSS ROCK / COASTER CROSS ¼ TURN L

1&2 Touch LF toe to L (1), Step LF in Place (&), Touch RF toe to R (2) – 6:00
& Flick RF behind LF (&) – 6:00
3&4 Step RF to R (3), Step LF together (&), Step RF to R (4) – 6:00
5-6 Cross LF over RF (5), Recover weight to RF (6) – 6:00
7&8 Cross LF behind RF (3), Turn ¼ L and step RF together (&), Cross LF over RF (4) – 3:00

Start again, have fun

TAG: (End of Round 4, 5, 7 and 8)

SIDE ROCK & / SIDE ROCK &

1-2& Step RF to R (1), Recover weight on LF (2), Step RF together (&)
3-4& Step LF to L (1), Recover weight on RF (2), Step LF together (&)

Ending: (Round 10)

STEP ¼ TURN L x2

1-2 Step RF forward (1), make ¼ turn L weight on LF (2) – 3:00
3-4 Step RF forward (3), make ¼ turn L weight on LF (4) – 12:00

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