

Mirror of My Soul

COPPERKNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: Improver
编舞者: Alison Metelnick (UK) - January 2013
音乐: Don't Forget to Remember - Bee Gees : (CD: Bee Gees Mythology - or Download)



Start after 16 count intro on verse vocals – [163 bpm – 3mins 31 secs] NO tags or Restarts. Dance turns CCW.

[1-9] L fwd, R rock/recover, ½ R turn step R fwd, ½ R chase turn, R & L side rock/recovers travelling fwd
1, 2&3 Step L forward, R forward rock, recover weight on L, turning ½ right step R forward (6 o'clock)

Non-turning option 2&3: R mambo forward

4&5 Step L forward, pivot ½ R, step L forward (12 o'clock)

Non-turning option 4&5: L coaster step

6&7 Rock R side, recover weight on L, step R forward

8&1 Rock L side, recover weight on R, step L forward

[10-17] ½ L chase turn, L triple fwd with a full R turn, ¼ L pivot turn, R cross step, ½ box fwd

2&3 Step R forward, pivot ½ left, step R forward (R forward in extended 5th position) (6 o'clock)

4&5 Turning ½ R step L back, turning ½ R step R forward, step L forward

Non-turning option: 4&5: Step L forward, lock R behind L, step L forward

6&7 Step R forward, pivot ¼ left, cross step R over L (3 o'clock)

8&1 Step L side, step R together, step L forward

[18-25] ½ box back, L coaster step, full L turn, L coaster step

2&3 Step R side, step L together, step R back

4&5 Step L back, step R next to L, step L forward

6&7 Step R forward, pivot ½ L, turn another ½ L stepping R back (3 o'clock)

8&1 Step L back, step R together, step L forward (L forward in extended 5th position so execute next step)

[26-32] ¼ L & chassé R, ½ R & chassé L, R cross rock & recover turning ¼ R step R fwd, L fwd lock R behind

2&3 Turning ¼ left step R side, step L together, step R side (toes facing towards right diagonal)

4&5 Turning ½ right step L side, step R together, step L side (6 o'clock)

6&7 Cross rock R over L, recover weight on L, turn ¼ R stepping R forward (9 o'clock)

8& Step L forward, cross step R behind L (This is the first 2 steps of a L forward lock step)

Contact: Tel: 01462 7357778 - Website: www.thedancefactoryuk.co.uk