

We're Not Broken

COPPER KNOB
BY STEPHEN METZ

拍数: 0 墙数: 0 级数: Phrased Advanced
编舞者: Dan McInerney (UK) - March 2013
音乐: Just Give Me a Reason (feat. Nate Ruess) - P!nk : (Album: The Truth About Love)



Starts: 16 counts/10 seconds, just before she sings "Right from the start..."

PHRASING:

A, B, B, B, C, D, A*
A, B, B, B, C, C, D
A, C, D, D, A, B, C

PART A – 32 COUNTS

CROSS, HOLD, SIDE, CROSS ROCK SIDE, BEHIND TURN SIDE, SAILOR

1, 2 Cross L over R, hold
3, 4& Step R to R side, rock L forward and slightly across R, recover onto R
5, 6& Step L to L side, step R behind L, making 1/4 turn L step L to L side (09:00)
7, 8& Making 1/4 L step R to R side, step L slightly behind R, step R slightly to R side (06:00)

STEP, HOLD AND TURN, STEP, TURN, STEP, CROSS SIDE BACK BACK

1, 2& Step L to L side, hold, step R behind L
3, 4 Making 1/4 L step L forward, step R forward (03:00)
5, 6 Pivot 1/2 turn L taking weight onto L, step R forward (09:00)
7&8& Making 1/4 turn L cross L over R, making 1/4 turn L step R back, step L back, step R back (03:00)

BACK, DRAG AND STEP, STEP, STEP, TURN, TURN, TOGETHER

1, 2& Make long step L back, drag R towards L, step weight onto R
3, 4 Step L forward, step R forward
5, 6 Step L forward, pivot 1/2 turn R taking weight onto R (09:00)
7, 8 Making 1/2 turn R step L back, drag R back next to L taking weight onto R (03:00)

STEP, MAMBO STEP, TURN, STEP, TURN, SPIRAL TURN

1, 2& Step L forward, rock R forward, recover weight onto L
3, 4 Step R back, making 1/2 turn L step L forward (09:00)
5, 6 Step R forward, pivot 1/2 turn L taking weight onto L (03:00)
7, 8 Step R forward as you begin to spiral a full turn L, complete the spiral keeping weight on R (03:00)

PART A* – 4 COUNTS

CROSS, HOLD, SIDE, HOLD

1, 2 Cross L over R, hold
3, 4 Step R to R side, hold

PART B – 8 COUNTS

STEP LOCK STEP STEP LOCK, STEP, PIVOT, TURN, ROCK, RECOVER

1&2& Step L forward and slightly to L side, lock R behind L, step L forward and slightly to L side, step R forward and slightly to R side
3, 4 Lock L behind R, step R forward and slightly to R side
5, 6 Step L forward, pivot 1/2 turn R taking weight onto R (09:00)
7, 8 Rock L forward, recover weight onto R

PART C – 8 COUNTS

WALK, HOLD, WALK, HOLD, WALK, HOLD, PIVOT TURN AND

- 1, 2 Step L forward and slightly across R, hold
3, 4 Step R forward and slightly across L, hold
5, 6 Step L forward and slightly across R, hold
7, 8& Step R forward, pivot 1/2 turn L taking weight onto L, step R in place next to L (03:00)

PART D – 32 COUNTS**STEP, STEP ROCK AND CROSS ROCK AND CROSS POP TURN POP DROP, COASTER**

- 1, 2& Step L forward, step R forward, rock L to L side
3&4& Recover weight onto R, cross L over R, rock R to R side, recover weight onto L
5&6& Cross R over L, lift both heels up, make 1/2 L and drop both heels, lift both heels up (09:00)
7, 8& Drop both heels taking weight on R, step L back, step R next to L

STEP, SHUFFLE STEP AND TURN, STEP, DIP, TURN, TRIPLE TURN

- 1, 2& Step L forward, step R forward, step L next to R
3&4 Step R forward, step L forward, pivot 1/2 turn R taking weight onto R (03:00)
5, 6 Bending knees in a 'dip' step L forward, making 1/2 turn R take weight onto R as you straighten knees up from the dip (09:00)
7, 8& Making 1/2 turn L take weight onto L, making 1/2 turn L step R back, making 1/2 turn L step L forward (03:00)

SWEEP, COASTER STEP, CROSS AND BEHIND AND CROSS AND BEHIND, BACK SIDE

- 1, 2& Making 1/2 turn L step R back as you sweep L around, step L back, step R next to L (09:00)
3, 4& Step L forward, making 1/4 turn R cross R over L, step L to L side (12:00)
5&6& Cross R behind L, step L to L side, cross R over L, step L to L side
7, 8& Step R behind L, making 1/4 turn R step L back, step R to R side (03:00)

FORWARD, ROCK AND BACK COASTER STEP SPIRAL, SIDE, CROSS SIDE BEHIND SIDE

- 1, 2& Step L forward, rock R forward, recover weight onto L
3&4& Step R back, step L back, step R next to L, step L forward
5, 6 Spiral 3/4 R keeping weight on L, step R side (12:00)
7&8& Cross L over R, step R to R side, step L behind R, step R to R side

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