

Subsided Rage

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 4 级数: Easy Intermediate
编舞者: Phoenix Adamson (NZ) - May 2013
音乐: Silence (feat. Sarah McLachlan) - Delerium



Intro: 80 Counts

ROCK RECOVER, SHUFFLE ½ TURN, HEEL – BALL – CROSS, HEEL – BALL – CROSS

- 1 – 2 – 3 & 4 Rock Forward On Right, Recover Onto Left, Making ½ Turn Right Shuffle Forward Stepping Right (3) – Left (&) – Right (4)
5 & 6 Tap Left Heel Forward On Slight Diagonal (5), Step Left Beside Right (&), Cross Right Over Left (6)
7 & 8 Tap Left Heel Forward On Slight Diagonal (7), Step Left Beside Right (&), Cross Right Over Left (8)

SIDE ROCK, BEHIND – SIDE – CROSS, MODIFIED ½ MONTEREY WITH KICK – BALL – STEP

- 1 – 2 – 3 & 4 Rock Left To Side, Recover Onto Right, Cross Left Behind Right (3), Step Right To Side (&), Cross Left Over Right (4)
5 – 6 – 7 & 8 Point Right To Side, Making ½ Turn Right Step Right Beside Left, Kick Left Forward (7), Step Left Beside Right (&), Step Forward On Right (8)

STEP – LOCK, STEP – LOCK – STEP, STEP – LOCK, STEP – LOCK – STEP

- 1 – 2 – 3 & 4 Step Forward On Left, Lock Right Behind Left, Step Forward On Left (3), Lock Right Behind Left (&), Step Forward On Left (4)
5 – 6 – 7 & 8 Step Forward On Right, Lock Left Behind Right, Step Forward On Right (7), Lock Left Behind Right (&), Step Forward On Right (8)

½ PIVOT, SHUFFLE, POINT – CROSS, POINT – CROSS

- 1 – 2 – 3 & 4 Step Forward On Left, ½ Pivot Right, Shuffle Forward Stepping Left (3) – Right (&) – Left (4)
5 – 6 – 7 – 8 Point Right To Side, Cross Over Left, Point Left To Side, Cross Over Right

BACK STRUT, SHUFFLE ½ TURN, POINT – KICK, TOASTER

- 1 – 2 – 3 & 4 Touch Right Toe Back, Drop Heel, Making ½ Turn Left Shuffle Forward Stepping Left (3) – Right (&) – Left (4)
5 – 6 – 7 & 8 Point Right To Side, Kick To Side, Making ¼ Turn Right Step Back On Right (7), Close Left Beside Right (&), Step Forward On Right (8)

SIDE – BEHIND, SIDE – CROSS – SIDE, BACK – FLICK, CROSS SHUFFLE

- 1 – 2 – 3 & 4 Step Left To Side, Cross Right Behind Left, Step Left To Side (3), Cross Right Over Left (&), Step Left To Side (4)
5 – 6 – 7 & 8 Step Back On Right Diagonal, Flick Left To Side On Slight Diagonal, Cross Shuffle Stepping Left (7) – Right (&) – Left (8)

CROSS – ¼ TURN, KICK – BALL – CROSS, ROCK RECOVER, SHUFFLE

- 1 – 2 – 3 & 4 Cross Right Over Left, Making ¼ Turn Right Step Back On Left, Kick Right Forward On Slight Diagonal (3), Step Right Beside Left (&), Cross Left Over Right (4)
5 – 6 – 7 & 8 Rock Back On Right, Recover Onto Left, Shuffle Forward Stepping Right (7) – Left (&) – Right (8)

CROSS – SIDE, SHUFFLE ¼ TURN, POINT – CROSS, COASTER

- 1 – 2 – 3 & Cross Left Over Right, Step Right To Side, Making ¼ Turn Left Shuffle Forward Left (3) – Right (&) – Left (4)
5 – 6 – 7 & 8 Point Right To Side, Cross Over Left, Step Back On Left (7), Close Right Beside Left (&), Step Forward On Left (8) (3 O'Clock)

REPEAT

RESTARTS:-

On Wall 3 After 1st 32 Counts There Is A Restart (This Now Becomes Wall 4)

On Wall 7 After 1st 32 Counts There Is A Restart (This Now Becomes Wall 8)
