

Compass

COPPER KNOB
STEPPERS

拍数: 48 墙数: 2 级数: Intermediate
编舞者: Gail Smith (USA) - October 2013
音乐: Compass - Lady A : (Album: Compass)



INTRO: 9 seconds - Step 1 on first drum beat (BEFORE vocals)
Start counting on the CLAPS (8 counts)

SCUFF, HITCH, STEP, COASTER STEP, BALL-STEP, STEP, PIVOT 1/2, STEP FWD

1 & 2 Scuff R heel fwd, hitch R knee up, step R back
3 & 4 Step L back, step R together, step L fwd
& 5 R quick step fwd on ball of foot, L step fwd
6 - 7 - 8 R step fwd, pivot 1/2 turn L, R step fwd 6:00

SIDE, HOLD, TOGETHER-SIDE-TOGETHER-SIDE, CROSS-ROCK, RECOVER, SHUFFLE 1/4

1 - 2 Step L to side, HOLD
& 3 & 4 Step R together, step L to side, step R together, step L to side
5 - 6 Rock R across L, recover onto L foot
7 & 8 Turn 1/4 R as you shuffle R - L - R 9:00

******* TAG on wall 5 with RESTART**

1 - 4 1/4 R stepping L to side, HOLD, rock R back, recover onto L - RESTART 12:00

FULL TURN (or walk, walk), MAMBO, BACK, BACK, COASTER CROSS

1 - 2 1/2 turn R stepping L foot back, 1/2 turn R stepping R fwd (or walk fwd L, R)
3 & 4 Rock L fwd, recover onto R, step L slightly back
5 - 6 Step R back, step L back
7 & 8 Step R back, step L together, step R across L 9:00

POINT, 1/4, 1/2, STEP BACK, COASTER STEP, WALK, WALK

1 - 2 Point (touch) L toes out to side, 1/4 turn L stepping L heel down 6:00
3 - 4 1/2 turn L stepping R back, step L back 12:00
5 & 6 Step R back, step L together, step R fwd
7 - 8 Step L fwd, step R fwd 12:00

BALL-STEP, CROSS, BALL-STEP, JAZZ BOX w 1/4 TURN, BALL-STEP

& 1 - 2 Quick rock onto ball of L foot out to side, recover onto R, step L across R
& 3 Quick rock onto ball of R foot out to side, recover onto L
4 - 5 Step R across L, step L back
6 - 7 1/4 turn R and step R to side, step L fwd 3:00
& 8 R quick step fwd on ball of foot, L step fwd

CHARLESTON, 1/2 TURN, STEP, PIVOT 1/2, 1/4 TURN

1 - 2 - 3 - 4 Step R fwd, touch L toes fwd, step L back, touch R toes back
5 1/2 turn R and step R down in place 9:00
6 - 7 - 8 Step L fwd, pivot 1/2 R (weight on R), 1/4 turn right and step L to side 6:00

REPEAT

Adjust your steps to the speed of the music when the song slows down at the end.

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