

Beautiful Inside

COPPER KNOB
BY STEPHEN

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Roz Chaplin (UK) & Lorna Mursell (UK) - November 2013
音乐: Beautiful (feat. Sophie Ellis Bextor) (Radio Edit) - Mathieu Bouthier



32 Count Intro: Start on Cos I Need

WALK, WALK, CROSS SHUFFLE, HINGE ½ TURN, SHUFFLE FORWARD

1-2 Walk forward right, walk forward left
3&4 Cross right over left, step left to left side, cross right over left
5-6 Turn ¼ right stepping back on left, turn ¼ right stepping right to right side (6)
7&8 Step forward on left, close right beside left, step forward on left

FORWARD ROCK, COASTER STEP, SIDE, TOGETHER, FORWARD SHUFFLE

1-2 Rock forward on right, recover on to left
3&4 Step right back, step left beside right, step right forward
5-6 Step left to left side, close right beside left
7&8 Step forward left, close right beside left, step forward left

FORWARD ROCK, SHUFFLE ½ TURN, SIDE, ROCK, CROSS SHUFFLE

1-2 Rock forward on right, recover on to left
3&4 Shuffle ½ turn right stepping right, left, right (12)
5-6 Rock left to left side, recover on to right
7&8 Cross left over right, step right to right side, cross left over right

STEP, LOCK, STEP, LOCK, STEP, CROSS ROCK, SAILOR ¼ TURN

1-2 Step forward on right, lock left behind right
3&4 Step forward on right, lock left behind right, step forward on right
5-6 Cross rock left over right, recover onto right
7&8 Cross left behind right making ¼ turn left, step right to right side, step left beside right (9)

Restart Here On Walls 1 & 3

SWAY, SWAY, RIGHT CHASSE, STEP, HITCH, COASTER BACK

1-2 Sway hips to right stepping onto right, sway hips to left stepping on to left
3&4 Step right to right side, close left beside right, step right to right side
5-6 Step forward on left, hitch right knee
7&8 Step back on right, step left beside right, step right forward

WALK FORWARD, SCISSOR STEP, WALK FORWARD, SCISSOR STEP

1-2 Walk forward left, walk forward right,
3&4 Rock left to left side, recover on to right, cross left over right
5-6 Walk forward right, walk forward left
7&8 Rock right to right side, recover on to left, cross right over left

SIDE, TOGETHER, ¼ SHUFFLE TURN, SIDE, TOGETHER, COASTER STEP

1-2 Step left to left side, close right beside left
3&4 Make ¼ turn left forward on left, close right beside left, step forward on left (6)
5-6 Step right to right side, close left beside right
7&8 Step back right, step left beside right, step right forward

TOE STRUT, KICKBALL CHANGE, STEP FORWARD, TOGETHER, HEEL FAN

1-2 Touch left toe forward, drop left heel down taking weight
3&4 Kick right foot forward, step right foot in place, step left beside right

5-6

Step right forward, step left beside right

7-8

Fan heels to left, return in place (taking weight onto left)
