

Let the Day Begin

COPPER KNOB
BY STEPHEN METZ

拍数: 32 墙数: 4 级数: Beginner
编舞者: Rene & Reg Mileham (UK) - November 2013
音乐: Satisfy My Soul - Paul Carrack : (CD: Satisfy My Soul)



Short intro – about 2 beats (start on the word "SOUL") 93 bpm

Section 1: Side rock, recover, coaster. Repeat to left

1 – 2 Rock Right out to side, recover onto Left
3 & 4 Step Right back, step Left beside Right, step Right forward.
5 – 6 Rock Left out to side, recover onto Right
7 & 8 Step Left back, step Right beside Left, step Left forward.

Section 2: Side, hold, behind, side, with ¼ turn right, side. Repeat sequence

1 – 2 Step Right out to side, hold
3 & 4 Step Left behind Right, step Right to side, making ¼ turn right, step Left to side 3.00
5 – 6 Step Right out to side, hold
7 & 8 Step Left behind Right, step Right to side, making ¼ turn right, step Left to side 6.00

Section 3: Side, close, side, close, forward. Side, close, side, close, back

1 – 2 Step Right to side, close Left beside Right
3 & 4 Step Right to side, close Left beside Right, step Right forward
5 – 6 Step Left to side, close Right to Left
7 & 8 Step Left to side, close Right to Left, step Left back

Section 4: Forward, hold, Coaster step making ¼ turn left. Rock forward, hold, rock back, touch

1 – 2 Step Right forward, hold,
3 & 4 Step Left back, step Right beside Left, step Left forward, making ¼ turn left. 3.00
5 – 6 Rock Right forward, hold
7 – 8 Rock Left back, touch Right beside Left (weight on Left)

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