

Live For Today

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 2 级数: Improver
编舞者: Roz Chaplin (UK) & Colin B. Smith (UK) - January 2014
音乐: Live For Today - Stubby : (CD: Flying the Flag)



Dance is dedicated to the late Alf Roberts (R.I.P)

16 Count Intro

SWAY HIPS, SIDE TOGETHER BACK, SWAY HIPS, SIDE TOGETHER FORWAED

1-2 Step right to right swaying hips to right, sway hips to left
3&4 Step right to right side, close left beside right, step right back
5-6 Step left to left swaying hips to left, sway hips to right
7&8 Step left to left side, close right beside left, step left forward

WALK, WALK, SIDE ROCK CROSS, SWAY HIPS, LEFT CHASSE

1-2 Walk forward right, walk forward left
3&4 Rock right to right side, recover onto left, cross right over left
5-6 Step left to left swaying hips to left, sway hips to right
7&8 Step left to left, close right beside left, step left to left side

Restart Here on Wall 3

FORWARD, ½ TURN, BACK, BACK SWEEP, SAILOR STEP, SAILOR ¼ TURN

1&2 Step forward on right, make ½ turn to right stepping left back, step right back (6)
3-4 Step left back sweep right toe round to right
5&6 Step right behind left, step left to left side, step right to right side
7&8 Step left behind right, make ¼ turn to left stepping right to right side, step left to left side (3)

JAZZ BOX ¼ TURN, SWEEP, LOCK STEP, SWEEP

1-2 Cross right over left, step back on left
3-4 Make ¼ turn right stepping right to right side, sweep left forward (6)
5-8 Step forward on left, lock right behind left. step forward on left sweep right forward

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Thanks to special friend for 8 Counts of this dance
