

My Free Will

COPPERKNOB
BY STEPHEN

拍数: 32

墙数: 2

级数: High Intermediate / Advanced
NC2S



编舞者: Dee Musk (UK) - February 2014

音乐: I've Told You Now - Sam Smith : (Album: Nirvana EP - Live at St Pancras Old Church, London 2013)

16 Count Intro. Approx 12 seconds - Track approx 4 mins 01 secs

Back, Back, ½ Turn R, Back, Back, ¼ Turn L, Cross, Rock & Cross, Full Turn L.

- 1,2& Step back on R, step back on L, make a ½ turn R stepping R beside L.
3,4& Step back on L, step back on R, make a ¼ turn L stepping L to L side.
5 Cross R over L.
6&7 Rock L to L side, recover weight to R, cross L over R.
8&1 Make a ¼ turn L stepping back on R, make a ½ turn L stepping forward on L, make a ¼ turn L stepping R to R side. (3 o'clock).

Back Rock Side, Sailor ¾ Turn R, Step ½ Turn Step R, Rock Recover.

- 2&3 Cross rock L behind R, recover weight to R, step L to L side.
4&5 Making a ¾ turn R step R behind L, step L to L side, step forward on R.
6&7 Step forward on L, make a ½ turn R, step forward on L.
8& Rock forward on R, recover weight to L. (6 o'clock).

**** Restart from here during walls 5 and 8 – begin again.**

Back Sweep, Behind Side, Cross Rock, Side Cross, Side, Back Rock Side, Touch Unwind.

- 1 Step back on R whilst sweeping L from in front to behind R.
2&3& Cross step L behind R, step R to R side, cross rock L over R, recover weight to R.
4& Step L to L side, cross R over L.
5,6& Step L to L side, cross rock R behind L, recover weight to L.
7&8 Step R to R side, touch L toe behind R, unwind a sharp ½ turn L (weight on L). (12 o'clock).

Cross Sweep, Cross Side, Behind Sweep, Behind Side Step, Step ½ Turn Step R, ½ Turn L, ½ Spin L.

- 1 Cross R over L whilst sweeping L from behind to in front of R.
2&3 Cross L over R, step R to R side, cross L behind R whilst sweeping R from in front to behind L.
4&5 Cross step R behind L, step L to L side, step forward on R.
6&7 Step forward on L, make a ½ turn R, step forward on L.
8& Make a ½ turn L stepping back on R, spin a ½ turn L transferring weight to L.
(Treat this full turn as a Spin in place, try not to travel forward too much ?). (6 o'clock).

Tag End of Wall 3 facing 6 o'clock wall – begin again.

Back, L Coaster Step, Step, Step Full Turn R, Rock Back Recover, Rock Forward Recover.

- 1 Step back on R.
2&3 Step back on L, close R beside L, step forward on L.
4 Step forward on R.
5&6 Step forward on L, make a ½ turn R, make a ½ turn R stepping back on L.
7&8& Rock back on R, recover weight to L, rock forward on R, recover weight to L.

Restart during wall 5 – begin again facing 6 o'clock wall.

Restart during wall 8 – begin again facing 12 o'clock wall.

Optional Ending – The music fades facing 6 o'clock wall, dance counts 1,2&3 then drag R to beside L on count 4.

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