

Mile Shy of Paradise

COPPER KNOB
BY STEPSHEETS

拍数: 64 墙数: 4 级数: Improver
编舞者: Gaye Teather (UK) - March 2014
音乐: Anything for Love - James House : (CD: Days Gone By)



32 count intro - Dance rotates in CCW direction

Right side rock. Back rock. Right Scissor step. Hold

1 – 4 Rock Right to Right side. Recover onto Left. Rock back Right behind Left. Recover onto Left
5 – 8 Step Right to Right side. Step Left beside Right. Cross Right over Left. Hold

Left side rock. Back rock. Side rock. Quarter turn Right. Step. Hold

1 – 4 Rock Left to Left side. Recover onto Right. Rock back Left behind Right. Recover onto Right
5 – 6 Rock Left to Left side. Recover onto Right making quarter turn Right (Facing 3 o'clock)
7 – 8 Step forward on Left. Hold

Step. Hold. Run. Run. Step. Hitch. Back. Together

1 – 4 Step forward on Right. Hold. Run forward Left. Right (small steps travelling slightly forward)

Option: Dip knees slightly during running steps forward

5 – 8 Step forward on Left. Hitch Right. Step back on Right. Step Left beside Right (weight on Left)

***Restart from beginning at this point during wall 6 facing 3 o'clock**

Forward rock. Half turn Right. Hold. Step. Pivot quarter turn Right. Cross. Hold

1 – 4 Rock forward on Right. Recover onto Left. Half turn Right stepping forward on Right. Hold
5 – 8 Step forward on Left. Pivot quarter turn Right. Cross Left over Right. Hold (Facing 12 o'clock)

***Restart from beginning at this point during wall 3 facing 6 o'clock**

Right Rumba box

1 – 4 Step Right to Right side. Step Left beside Right. Step forward on Right. Hold
5 – 8 Step Left to Left side. Step Right beside Left. Step back on Left. Hold

Reverse Rumba box

1 – 4 Step Right to Right side. Step Left beside Right. Step back on Right. Hold
5 – 8 Step Left to Left side. Step Right beside Left. Step forward on Left. Hold

Step. Pivot quarter turn Left. Weave Left (6 count weave)

1 – 4 Step forward on Right. Pivot quarter turn Left. Cross Right over Left. Step Left to Left side
(Facing 9 o'clock)
5 – 8 Cross Right behind Left. Step Left to Left side. Cross Right over Left. Step Left to Left side

Back rock. Side. Hold. Behind. Side. Cross. Hold

1 – 4 Rock back Right behind Left. Recover onto Left. Step Right to Right side. Hold
5 – 8 Cross Left behind Right. Step Right to Right side. Cross Left over Right. Hold

Start again

Ending: Music ends on count 3 of section 4. You will be facing front on step 2 so just step back on Right instead of turning on count 3 to remain on the front wall

Last Update - 31st March 2014