

In A Week Or Two

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Improver / Easy Intermediate
编舞者: Chris Cleevely (UK) - April 2014
音乐: In a Week or Two - James House : (Album: Broken Glass Twisted Steel - iTunes)



Start on vocals (16 count intro)

Section 1 (Counts 1 – 8) Rock Forward R, Recover L, Step Forward R; Rock Forward L, Recover R, Step Forward L; Step Back R, Kick L; Step Back L, Kick R; R Coaster Step

1 & 2 Rock forward R, recover L, step forward R
3 & 4 Rock forward L, recover R, step forward L
5 & 6 Step back R, Kick L forward, step back L, Kick R forward
7 & 8 Step back on R, step L beside R, step forward R

Section 2 (Counts 9 – 16) Hip Bumps L Diagonal; Hip Bumps R Diagonal; Cross R over L & Weave L, ¼ Turn L

1 & 2 On left diagonal bump hips L/R/L
3 & 4 On right diagonal bump hips R/L/R
5 & 6 & Cross R over L, step back L, Step L to L side, cross R over L
7 & 8 Step L to L side, cross R behind L, Step ¼ L □(9 o'clock)

Section 3 (Counts 17 – 24) 3 Runs Forward; L Heel, R Heel; L Heel & Cross; & Cross & Cross

1 & 2 Run forward R/L/R
3 & 4 Present L heel forward, switch & present R heel forward
& 5 & 6 Change weight to R and touch L heel forward & cross R over
& 7 & 8 Touch ball of L, cross R over L, touch ball of L, cross R over L

Section 4 (Counts 25 – 32) Back L, ¼ R, Step L; Rock Forward R, Recover L, ¼ R; L Lock Step Forward (or full turn R); Rock Forward R, Recover L, Touch R

1 & 2 Step back on L, step ¼ turn R, step forward L □(12 o'clock)
3 & 4 Rock forward R, recover L, step ¼ turn R □(3 o'clock)
5 & 6 Step forward on L, lock R behind L, step forward on L
7 & 8 Rock forward R, recover L, touch R toe beside L

Tag: at end of 2nd wall facing 6 o'clock –

Double Syncopated Rocking Chair 1 & 2 & 3 & 4 &

Rock forward R, Recover L, Rock Back R, Recover L (x 2)

On the last wall of the dance (facing 12.00), finish on the cross & cross & cross.

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