

Mary Dempsey Gypsy!

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Improver
编舞者: Sebastiaan Holtland (NL) - June 2014
音乐: The Long Way Home - Derek Ryan : (CD: Country Soul 2013)



Intro: 16 count after the vocals at (08 sec).

Sec 1. [1-8] R Side Jump, Hold, L Side Jump, Hold, & Touch, Hold, Replace, ¼ R, & Cross, Hold.

&1-2 Small jump to right on Rt, touch Lt next to Rt, Hold.
&3-4 Small jump to left on Lt, touch Rt next to Lt, Hold.
&5-6 Small step back on Rt, touch Lt forward, Hold.
&7-8 Turn ¼ right (3) replace on Lt, cross Rt over Lt, Hold.

Sec 2. [9-16] Side Rock, Recover, Behind, ¼ R, Side, Cross Rock Fwd, Recover, ½ L, Step, ¼ L, Knee Lift, Slap Hands 1 time.

1-2 Rock Lt to the left, recover on Rt.
3-4 Step Lt behind Rt, turn ¼ right (6) step Rt to the right.
5-6 Cross rock Lt fwd, recover on Rt.
7-8 Turn ½ left (12) step Lt slightly fwd, turn ¼ left (9) lift R knee up (brush palms ones as if dusting off hands: first L coming down R going up).

Restart here WALL 4 (Facing 9 o'clock) after start again (Facing 6 o'clock).

Sec 3. [17-24] Side, Left Heel & Toe Swivel L, Knee Lift L, Small Step Fwd L, Right Heel & Toe Swivel R, Knee Lift R.

1-4 Step Rt to the right, swivel L heel right, swivel L toe right, lift L knee up.
(Weight remains on right during left heel/toe swivels).
5-8 Step Lt slightly fwd, swivel R heel left, swivel R toe left, lift R knee up.
(Weight remains on Left during right heel/toe swivels).

Sec 4. [25-32] Walk Half Circle, ¼ R, Heel Lift L, Step, Together, ¼ L, Step, Hold.

1-2 Turn ¼ right (12) walk Rt fwd, turn ¼ right (3) walk Lt fwd.
3-4 Walk Rt fwd, turn ¼ right (6) lift L heel up.
5-8 Step Lt fwd, step Rt next to Lt, turn ¼ left (3) step Lt forward, Hold.

Start Again and have fun!

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