

20 Days and 20 Nights

COPPER KNOB
BY SHEETS

拍数: 68 墙数: 2 级数: Intermediate - Rumba style
编舞者: Kim Nolan (UK) - September 2014
音乐: Twenty Days and Twenty Nights - Elvis Presley : (Album: That's The Way It Is - 3m 16s)



Intro 16ct. Start on lyrics

Styling: Tilt head slightly down during sections: 1, 3, 6 & second ½ of section 8, or just tilt head down during the walks/drags

Sec 1 (1-8) Slow Right Forward Chasse - Hold - Left Forward Rock - Recover - Ronde

1-4 RF fwd, LF fwd to instep of right, RF fwd, Hold
5-6 (Rock) LF fwd, Recover (replace weight to right)
7-8 Ronde: sweep LF up from front to back in semi-circular movement

Sec 2 (9-16) Weave - Hold - Right Side Rock - Recover - Cross - Hold

1-4 Cross L behind right, RF to side, Cross L over right, Hold
5-8 (Rock) RF to side, Recover (replace weight to left), Cross R over left, Hold

Sec 3 (17-24) Left Back, Right Back (diag. across front of left), ¼ Left Turn/Side - Drag (slide) - Weave - Hold

1-4 (1) LF back, (2) Cross outer RF in front of left, (R toes facing right diagonal) (3) Turn ¼ left (9:00) & step LF to side, (4) Drag inside of RF (toe in contact with floor) closing next to left (keep weight to left)
5-8 Cross R behind left, LF to side, Cross R over left, Hold

Sec 4 (25-32) Scissor Step, Hold, Right Cucaracha

1-4 LF to left, Close R together, Cross L over right, Hold
5-8 (5) (Rock) RF to side, (6) Recover (replace weight to left), (7-8) Close R to left over 2 cts

Sec 5 (33-40) Make a square with turns: (1) Left Fwd, (2) Touch & Turn, (3) Right Back, (4) Touch & Turn, (5) Left Fwd, (6) Touch & Turn, (7) Right Back, (8) Touch & Turn

(Styling: place left arm across midriff towards right side of waist on cts 4 and 8)

1-2 (1) LF fwd, (2) Touch R together and Turn ¼ left (end facing 6:00)
3-4 (3) RF back, (4) Touch L together and Turn ¼ left (end facing 3:00)
5-6 repeat ct 1-2 (end facing 12:00)
7-8 repeat ct 3-4 (end facing 9:00)

Sec 6 (41-48) Walk - Drag (slide) - Walk - Drag (slide) - Left Fwd Rock - Recover - ¼ Left Turn & Ronde (styling: arms slightly back, head slightly down)

1-2 Walk LF fwd, Drag R top of toes together next to left
3-4 Walk RF fwd, Drag L top of toes together next to right
5-6 (Rock) LF fwd, Recover weight to RF (prepare to turn ¼ left by turning RF a little left as you transfer weight)
7-8 Finish turning ¼ left (6:00) as you Ronde by sweeping LF up from front to back in semi-circular movement

(Option:- cts 7-8, if you need more support for balance, omit the ronde, instead, after ¼ turn, point L to left)

Sec 7 (49-56) *Weave, Ronde, Weave, Hold

(last wall (wall 3): after ct 60 (L cucaracha) repeat from here (see below*)

1-4 Cross L behind right, RF to side, Cross L over right, Ronde/sweep RF from back to front in semi-circular movement
5-8 Cross R over left, LF to side, Cross R behind left, Hold

Sec 8 (57-64) Left Cucaracha - **Walk - Drag/or Touch - Walk - Drag /or Touch

1-4 (1) (Rock) LF to side, (2) Recover (replace weight to right), (3-4) Close L to right over 2 cts
5-8 (**) Walk RF fwd, Drag top of L toes together next to right, Walk LF fwd, Drag top of R toes together next to left (weight on left) (option: near the end of music, you may prefer on cts 6 and 8 to do a subtle Touch together as the last 8 cts repeat)

Sec 9 (65-68) Full turn: (¼ L Turn & Step R to side, - ¼ L Turn & Close L together, - Turn ½ L & Step L Fwd) - Drag (slide)

1-2 Turn ¼ left & step RF to right side (3:00), Turn ¼ left & Close L together (12:00)

3-4 Turn ½ left (completing a full turn) (6:00) stepping fwd on LF, Drag R top of toes fwd

(Option for Turn: to achieve similar effect without full turn, dance the first ½ turn (cts 1-2), then (ct3) turn ¼ L & step L to side (9:00), (ct4) Drag (slide) inside of RF together, make a quick subtle turn ¼ L ready to start again)

(end of last wall (Wall 3) repeat last 8 counts (**from ct 61) x 4 more times (see below **))

START AGAIN (until near the end of music, see below)

Ending: Last wall (Wall 3)

* after ct 60 repeat from *section 7: ct.49 (2 min 36s) to end of routine, then ...

** repeat the last 8 cts of dance from **section 8: ct 61 (2 min 51s) x 4 more times as the lyrics & music repeats then fades.

You will find yourself travelling towards the back wall as music comes to an end.

Choreographed by Kim Nolan, England, UK (Sept 2014)

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