

Cecilia

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Improver
編舞者: Therese Johnsson (SWE) - August 2014
音樂: Cecilia - Simon & Garfunkel : (Album: Bridge Over Troubled Water)



Count in: Begin With lyrics "Cecilia"

Note: There is + after Wall 3

[1-8] Hook Combination, Flick, Heel, Hook, Coaster step, step, step

1 & Touch Right foot heel (forward 1.30), Hook Right foot in front of Left leg
2 & Touch Right foot heel (forward 1.30), Flick Right foot back (with an angel to right)
3 & Touch Right foot heel (forward 1.30), Hook Right foot in front of Left leg
4 Touch Right Heel to the Right (1.30)
5 & 6 Step back on Right foot, Step Left together, Step Right forward
7 8 Step left forward, Step right forward (Or full turn on 7 and 8)

[9-16] Step, Rock, Recover, chasse, Touch, Point turning

1 2 3 Step left foot forward (slightly to left), Cross rock right behind left, Recover to left
4 & 5 Step right to right, left foot beside right, Right to the right,
6 Touch left beside right
7 8 (Weight on right) Left foot touch right, Point left (1/4 right) 3.00, Point left (1/4 right) 6.00

[17-24] Cross point , point left, Sailor step, Sailor step, Stomp, Heel, toe, Heel

1 2 Cross point left over right, Point Left foot to left
3 & 4 5 Cross left behind right, Recover right, Left to left, Right behind Left 1/4 (9.00)
6 7 8 Step left diagonal, Right foot Heel, toe

[25-32] Stomp, Heel, toe, heel, Step, Rock, Recover, Coaster step (back), Coaster step (Forward)

1 & 2 Step right diagonal, Left foot, Heel, toe
3 4 & Step Left forward, Rock right forward (mambo), Recover Left
5 6 Step Right back, Step Left back
7 8 Step Right forward, Stomp Left forward (Weight on Left)

Begin Again and have fun!

+ after wall 3: sailor step, sailor step

1 & 2 Right foot behind Left foot, Left to left, Right to right
3 & 4 Left foot behind Right foot, Right to right, Left to left

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Last Update – 7th Nov 2014