

Dance 4Evermore

COPPER **KNOB**
STEPSHEETS

拍數: 128 牆數: 1 級數: Phrased High Improver
編舞者: Kay Cartwright (UK) - October 2014
音樂: Dance for Evermore - Si Cranstoun



This dance is performed in sections which relate to the verse, chorus and bridge.

The pattern of the dance is: A A B C A A B C(1-24) B C(1-24) Pose to finish

Start dancing on lyrics

PART A – 32 counts

RIGHT & LEFT SIDE STEPS

- 1-2 Step right to side, step left beside right
- 3-4 Step right to side, touch left beside right
- 5-6 Step left to side, step right beside left
- 7-8 Step left to side, touch right beside left

ZIG ZAG FORWARD AND BACK

- 9-10 Step right diagonally forward, touch left beside right
- 11-12 Step left diagonally forward, touch right beside left
- 13-14 Step right diagonally back, touch left beside right
- 15-16 Step left diagonally back, touch right beside left

LONG STEP RIGHT, LOWER & RAISE HEELS

- 17-20 Long step to right side, touch left beside right
- 21-22 Drop left heel whilst raising right heel, drop right heel whilst raising left heel
- 23-24 Drop left heel whilst raising right heel, drop right heel whilst raising left heel

LONG STEP LEFT, LOWER & RAISE HEELS

- 25-28 Long step to left side, touch right beside left
- 29-30 Drop right heel whilst raising left heel, drop left heel whilst raising right heel
- 31-32 Drop right heel whilst raising left heel, drop left heel whilst raising right heel

PART B – 64 counts

EXTENDED VINE LEFT, CHA CHA CHA LEFT

- 1-2 Step right across left, step left to side
- 3-4 Step right behind left, step left to side
- 5-6 Step right across left, step left to side
- 7-8&9 Step right behind left (7) , step left to side(8), step right beside left(&),step left to side(9),

CHECK ACROSS, CHA CHA CHA X2

- 10-11 Check right across left, replace on left
- 12&13 Step right to side, step left beside right, step right to side
- 14-15 Check left across right, replace on right
- 16&17 Step left to side, step right beside left, step left to side

ROCK BACK, CHA CHA CHA X2

- 18-19 Rock right back, replace forward left
- 20&21 Step right to side, step left beside right, step right to side
- 22-23 Rock left back, replace forward right
- 24&25 Step left to side, step right beside left, step left to side

MODIFIED JAZZ BOXES

- 26-27 Step right across left, step left back
28-29 Step right to side, step left across right
30-32 Step right back, step left to side, step right beside left.

EXTENDED VINE RIGHT, CHA CHA CHA RIGHT

- 33-34 Step left across right, step right to side
35-36 Step left behind right, step right to side
37-38 Step left across right, step right to side
39-40&41 Step left behind right, step right to side, step left beside right, step right to side

CHECK ACROSS, CHA CHA CHA X2

- 42-43 Check left across right, replace on right
44&45 Step left to side, step right beside left, step left to side
46-47 Check right across left, replace on left
48&49 Step right to side, step left beside right, step right to side

ROCK BACK, CHA CHA CHA X2

- 50-51 Rock left back, replace forward right
52&53 Step left to side, step right beside left, step left to side
54-55 Rock right back, replace forward left
56&57 Step right to side, step left beside right, step right to side

MODIFIED JAZZ BOXES

- 58-59 Step left across right, step right back
60-61 Step left to side, step right across left
62-64 Step left back, step right to side, step left beside right.

PART C – 32 counts

PADDLE ½ TURN LEFT

- 1-2 Take weight on ball of right turning 1/8 to left, place weight on left
3-4 Take weight on ball of right turning 1/8 to left, place weight on left
5-6 Take weight on ball of right turning 1/8 to left, place weight on left
7-8 Take weight on ball of right turning 1/8 to left, place weight on left

HEEL TOUCHES

- 9-10 Touch right heel forward, small step back on right
11-12 Touch left heel forward, small step back on left
13-14 Touch right heel forward, small step back on right
15-16 Touch left heel forward, small step back on left

PADDLE ½ TURN LEFT

- 17-18 Take weight on ball of right turning 1/8 to left, place weight on left
19-20 Take weight on ball of right turning 1/8 to left, place weight on left
21-22 Take weight on ball of right turning 1/8 to left, place weight on left
23-24 Take weight on ball of right turning 1/8 to left, place weight on left

HEEL TOUCHES

- 25-26 Touch right heel forward, small step back on right
27-28 Touch left heel forward, small step back on left
29-30 Touch right heel forward, small step back on right
31-32 Touch left heel forward, small step back on left

