

Lake Baikal

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Lewis Lee (CAN) - October 2014
音樂: Lake Baikal (貝加爾湖畔) - Li Jian (李健)



Restart: Wall 1 dance after 30 count (facing 6:00), then Restart from the beginning.

Tag: There are 20 counts tag at the End of Wall 2 & Wall 4 (see below)

Intro: 16 counts after the piano intro, and start the dance (approx. 50sec. into track)

[1-9] Side, Back-Recover-1/4L, 1/4L-Touch-Lunge, 1/4R-1/2R-Back, Back-Rock-Fwd

1, 2&3 Step R to side R, Step L ball behind R, Recover R, Make 1/4L stepping L fwd (9:00)
4&5 Make 1/4L stepping R to side R as you sway upper body to R, Touch L beside R, Lunge L
 out to L side (prep) (6:00)
6&7 Make 1/4R stepping R fwd, Make 1/2R stepping L back, Step R back (3:00)
8&1 Step L back, Recover R, Step L fwd

[10-16] Run-Run-Fwd-1/4L, Cross-Side-Behind, Behind-Side-Cross, Sway-Sway

2&3& Run fwd R, Run fwd L, Step R fwd, Make 1/4L stepping on L (12:00)
4&5 Cross R over L, Step L to side L, Step R behind L as you sweep L back
6&7 Step L behind R, Step R to side R, Cross L over R
8& Step R to side R as you sway R, Sway L, (12:00)

[17-25] Side, Cross-3/4R-1/2R, Back-Back-Back, Back-sweep, Back-sweep, Back-Coaster

1 Step R to side R with your body angled slightly to R diagonal (prep)
2&3 Cross L over R, Unwind 3/4R ending weight on R, make 1/2R stepping L back, (3:00)
(2&3 Easy option, make a 1/4R stepping L fwd, Recover back on R, Step L back)
4&5 Step R back, Step L back, Step R back as you sweep L back
6, 7 Step L back as you sweep R back, Step R back as you sweep L back
8&1 Step L back, Step R beside L, Step L fwd

[26-32] Fwd-Fwd-1/4R-Cross, Side-Behind-Lunge/Press, Recover, 1/4R-1/2R-1/4R-Cross

2&3& Step R fwd, Step L fwd, Make 1/4R stepping on R, Cross L over R (6:00)
4&5 Step R to side R, Step L behind R, Lunge/Press R ball to side R
(4&5, Alternative make 1/4L stepping R back, make 1/2L stepping L fwd, Make 1/4L pressing R ball to side R)
6 Rush R ball to recover weight on L while opening your body angled L diagonal and drag R
 close to L (prep) ***R
7&8& Make 1/4R stepping R fwd, Make 1/2R stepping L back, Make 1/4R stepping R to side R,
 Cross L over R (6:00)
(7&8& easy option, Step R to side R, step L behind R, Step R to side R, Cross L over R)

Restart : Wall 1, dance after 30 count (6:00), then Restart from the beginning.

Tag 20 count : At the end of Wall 2 (12:00) & Wall 4 (6:00), do the following 4 count,

1, 2 Step R to side R and sway R, Sway L
3&4& Step R to side R, Drag L to touch beside R, Step L to side L, Drag R to touch beside L,
Continue to dance from Section 3 and Section 4 (count 17 – 32) of the dance, then restart W3 (facing 6:00) & W5 (facing 12:00)

Ending: Dance after W4 with Tag 20 count (facing 12:00), then W5 dance to count 9 (facing 3:00), Sweep R making 1/4L to face front, Pose!

Enjoy !

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