

Fallen Heroes

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Improver
編舞者: Michael Diven (USA) - December 2014
音樂: This Side of Heaven - The Swon Brothers



Intro: Start dancing on the lyrics.

Sequence: AAAA BB TAG AA BB TAG TAG AA BBB

PART A – 16 counts

A1: RIGHT PRESS, RIGHT SAILOR STEP, SIDE ROCK, RECOVER, SYNCOPATED VINE

1-2 Rock right forward (press ball of right foot), recover to left
3&4 Cross right behind, step left side, cross right over
5-6 Rock left foot to left side (press ball of left foot), recover weight back to right
7&8 Cross left foot behind, step right to right side, cross left over right

A2: STEP, FULL TURN RIGHT, STEP, ¼ TURN LEFT, CROSS, ROCK, RECOVER, CROSS, SYNCOPATED VINE ½ TURN

1 Step forward on right foot
2&3 Step forward on left foot pivot ¼ turn right, step back on right foot pivot ½ turn right, step left foot forward pivot ¼ turn right
4&5 Step forward on right foot, pivot ¼ turn left shifting weight back to left foot, cross step right over left
6&7 Rock left foot to left side, recover weight back to right, cross step left over right
8& Pivot ¼ turn left stepping back on right foot, pivot ¼ turn left stepping forward on left foot

PART B – 16 COUNTS

B1: BASIC NIGHTCLUB, SIDE STEP LEFT, CROSS, BACK, ¼ TURN, MAMBO FORWARD, LOCK SHUFFLE BACKWARDS

1-2& Step right side, rock left back, recover to right
3-4& Step left side, cross right over, step left back
5 Pivot ¼ turn right, stepping forward on right foot
6&7 Rock forward on left foot, recover back to right, step left foot next to right
8&1 Step back on right foot, lock left foot in front of right, step back on right foot sweeping left foot out around right foot

B2: BASIC NIGHTCLUB, SIDE STEP LEFT, CROSS, BACK, ¼ TURN, MAMBO FORWARD, LOCK SHUFFLE BACKWARDS

2&3 Cross left foot behind right foot, step right to right side, cross left foot over right
4-5 Sway hips to the right, sway hips to the left
6&7 Cross right behind left, step left to left side, cross step right over left
8& Unwind ½ turn, shifting weight to left foot

TAG

BASIC NIGHTCLUB, ¼ TURN, STEP, ¼ TURN, CROSS, ROCK, RECOVER, CROSS, ¼ TURN, ¼ TURN

1-2& Step right side, rock left back, recover to right
3 Pivot ¼ turn left stepping left foot forward
4&5 Step forward on right foot, pivot ¼ turn left, cross step right over left
6&7 Rock out on left foot, recover weight back to right foot, cross step left over right
8& Pivot ¼ turn left stepping back on right foot, pivot ¼ turn left stepping left foot to left side

NOTE: After the 3rd tag, there are 4 beats of music. Sway right, left, right, left then start A for the last 2 cycles and finish out the dance with B. Listen to the music and the words, let them guide you through the dance.

After the final Part B, the music will fade and unwind to face the front wall.
