

Beautiful Dawn

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Craig Bennett (UK) & Niels Poulsen (DK) - December 2014
音樂: High - James Blunt : (iTunes)



Intro: Start after 16 counts (app. 12 secs into track). Weight on L.

Restart: On wall 7, starts facing 6:00, after 16 counts. See note below

Ending: See description below

[1 – 8] Fwd R Sweep, Cross, Side Rock Cross, Side L, R Diagonal Back Rock, 3/8 L, 1/2 L, Fwd R

- 1 – 2 Step fwd on R sweeping L fwd and also turning body slightly R (1), cross L over R (2) 12:00
3&4& Rock R to R side (3), recover on L (&), cross R over L (4), step L to L side (&) 12:00
5 – 6 Turn 1/8 R rocking back on R (5), recover fwd L (6) 1:30
7 – 8& Turn 3/8 L stepping back on R (7), turn 1/2 L stepping fwd on L (8), step fwd on R (&) 3:00

[9 – 16] L Rock Fwd, L Coaster Cross, Side R, Up 1/2 L Sweep, & R Cross Rock, Side R, Cross

- 1 – 2 Rock fwd on L (1), recover back on R (2) 3:00
3&4& Step back on L (3), step R next to L (&), cross L over R (4), step R to R side (&) 3:00
5 Turn 1/2 L on R swinging/sweeping L to L side AND also going up on toes of R at the same time (5) ... hit that beat. [9:00
8& – 7 Step quickly down on L (&), cross rock R over L (6), recover back on L (7) 9:00
8& Step R to R side (8), cross L over R (&) 9:00

[17 – 25] R Side Rock, Cross, Rock & Roll Full Turn R, Lunge R, Point L, 1/4 L Running L R L

- 1 – 3 Rock R to R side (1), recover on L (2), cross R over L (3) 9:00
4&5 Rock L to L side (4), turn 1/4 R stepping fwd on R (&), turn 1/2 R stepping back on L (5) 6:00
6 – 7 Turn 1/4 R lunging R to R side (6), point L to L side (7) 9:00
8&1 Turn 1/4 L running fwd on L (8), run fwd on R (&), run fwd on L (1) (or do a L full turn on &1)
– Styling for the 3 runs: try not to turn that 1/4 L in your upper-body too early. Delay the 1/4 turn finishing it when you do your last run fwd on L [6:00]

[26 – 32] R Rock Fwd, R Back Lock Step, 1/4 L Side L, Point R/Prep, Roll Full Turn R

- 2 – 3 Rock fwd on R (2), recover back on L (3) 6:00
4&5 Step back on R opening body up to R side (4), lock L over R (&), step back on R (5) 6:00
6 – 7 Turn 1/4 L stepping L to L side (6), point R to R side (7) 3:00
8& (1) Turn 1/4 R stepping fwd on R (8), turn 1/2 R stepping back on L (&), turn 1/4 R stepping R to R side and sweeping L fwd (1) 3:00

Start again

Ending: Your last wall is wall no. 10, starts facing 12:00. To end facing 12:00 do until count 23 (now facing 9:00). Then do a 3/4 run around L running L R L ending with a R sweep fwd 12:00

Restart: On wall 7 which starts facing 6:00. Do up to count 7 (recovering back on L from your rock step); Rather than doing side R & cross you turn 1/4 R stepping fwd on R (8) and L (&). This means you Restart facing [6:00]