

How Will I Know

COPPER KNOB
BY SHEETS

拍數: 32

牆數: 4

級數: Advanced Line Dance with a contemporary/nightclub

編舞者: Linda McCormack (UK) & Rachael McEnaney (USA) - November 2014

音樂: How Will I Know - Sam Smith : (Album: BBC Radio 2: Sounds of the 80s - 3:54)



Count In: 16 counts from start of track, Start dancing at approx 15secs on the word "YOU".

[1 – 9] R back sweeping L, L behind, R side, L cross, ¼ turn L, ¼ turn L, sway 1/8 L, back R-L, ½ turn R with developpe, fwd R-L-R

- 1 2 & 3 Step back R as you sweep L (1), cross L behind R (2), step R to right side (&), cross L over R (3) 12.00
- 4 & 5 Make ¼ turn left stepping back R (4), make ¼ turn left stepping L to left side (&), sway upper body to left softly bringing R arm across body (5) – body should now be angled naturally to left diagonal (4.30) counts &5 is one smooth flowing action. 4.30
- 6 & 7 Step back R (6), step back L (&), flick R foot back & imagine drawing a circle with R foot as you make ½ turn right and extend R foot forward (7) count 7 is one smooth flowing action 10.30
- 8 & 1 Step forward R (8), step forward L (&), step forward R (1) 10.30

[10 – 16] 1/8 turn R pointing L toe, ½ spiral turn L, L fwd sweeping R, R cross, ¼ turn R, back R sweeping L, back L sweeping R, R coaster step

- 2 & 3 Make 1/8 turn right pointing L toe to left (2), make ½ turn left on ball of R (&), step L forward as you sweep R (3) 6.00
- 4 & 5 6 Cross R over L (4), make ¼ turn right stepping back L (&), step back R as you sweep L (5), step back L as you sweep R (6) 9.00
- 7 & 8 Step back R (7), step L next to R (&), step forward R (8) upper body needs to be prepped to right ready for a full turn left 9.00

Restart: On 5th wall (you will hear just instrumental), do the first 16 counts then recover weight onto L (&), then Restart the dance.

The 5th wall begins facing 12.00 and you will Restart facing 9.00

[17 – 24] Full spiral turn L, ¾ turn L, R arm movement with ¼ turn R, back L-R, ¼ turn L, arm movement R-L

- 1 2 Keeping weight on R unwind a full turn left (1), step L forward (2), 9.00
- & 3 Make ½ turn left stepping back R (&), make ¼ turn left stepping L to left and bring R arm all the way across body at shoulder height (3) 12.00
- 4 Keeping feet apart take R elbow out to right side (fingers spread and palm facing out) (4), 12.00
- & With fingers spread and palm facing out bring R hand in front of face (&), 12.00
- 5 Making a ¼ turn right and taking weight forward to R - bring R arm down and then up (above head) in a half moon shape (5) 3.00
- 6 & 7 Lower arm (by bending elbow first) as you step back L (6), step back R (&), make ¼ turn left stepping L to left (7) 12.00
- & 8 Keeping feet apart bring R fist up in front of forehead (&), bring L fist up and across R (making an X shape) (8) 12.00

[25 – 32] Fwd R-L (on balls of feet) with hand movement, back R, back L sweeping R, step R behind, L side-rock-cross, ¾ turn L, R fwd rock.

- & 1 Step R forward to right diagonal (&), step L forward to left diagonal (1) (feet should be shoulder width apart and this looks good if you do it on balls of feet).

During counts &1 – keep hands in X shape but open fists & close them one finger at a time (start with little finger) 12.00

- & 2 3 Step back R (&), step back L as you sweep R (2), cross R behind L and open body to right diagonal (facing 1.30) 12.00

4 & 5 Rock L to left side (4), recover weight R (&), cross L over R (5) 12.00
6 7 Make $\frac{1}{4}$ turn left stepping back R (6), make $\frac{1}{2}$ turn left stepping forward L (7) 3.00
8 & Rock forward R (8), recover weight L (&)

START AGAIN - HAVE FUN

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