

Living Out Loud

COPPER KNOB
BY STEPHEN

拍數: 40 牆數: 4 級數: Improver
編舞者: Hayley Wheatley (UK) - February 2015
音樂: Living Out Loud - Aaron Lines : (Album: Love Changes Everything)



Music available From Aaronlines.com

Please note the dance would fit to the [4.03] version but with a 24 count intro and faster tempo

Intro:- 16 counts

Restarts on walls 3, 4 and 5

S1: SIDE TOGETHER, FORWARD STEP, MAMBO ¼ TURN, CROSS SIDE, HEEL DIG, BALL, CROSS SHUFFLE

1&2 Step left foot to left side, close right foot next to left, step forward on left foot
3&4 Rock forward on right foot, recover onto left, step right foot to right side while making ¼ turn right (3:00)
5&6 Cross left foot over right, step right foot to right side, dig left heel to left diagonal
&7&8 Step back onto ball of left, cross right foot over left, step left foot to left side, cross right foot over left

S2: SIDE TOGETHER, STEP BACK, COASTER STEP, LEFT SHUFFLE FORWARD, CHASE TURN LEFT

1&2 Step left foot to left side, close right foot next to left, step back on left foot
3&4 Step back on right foot, step left foot right to right, step forward on right foot
5&6 Step forward on left foot, step right foot next to left, step forward on left foot
7&8 Step forward on right foot, pivot ½ turn over left shoulder, step forward on right foot (9:00)

S3: FORWARD ROCK, SIDE ROCK, SAILOR STEP, DIAGONAL ROCKING CHAIR, CROSS SHUFFLE

1 &2& Rock forward onto left foot, recover onto right, rock left foot to left side, recover onto right
3&4 Step left foot behind right, step right foot to right side, step forward on left foot on a slight diagonal (7.30)
5&6& Rock forward on right foot, recover onto left, rock back on right foot, recover onto left
7&8 Cross right foot over left, step left foot to left side, cross right foot over left

S4: KICK BALL CROSS, POINT TOE OUT, IN, OUT, BEHIND SIDE CROSS, ROCK AND CROSS

1&2 Kick left foot forward, step back onto ball of left foot (while straightening up to 9:00), cross right foot over left
3&4 Point left toe to left side, touch left toe next to right, point left toe to left side
5&6 Step left foot behind right, step right foot to right side, cross left foot over right
7&8 Rock right foot to right side, recover onto left foot, cross right foot over left Restart here on wall 4

S5: ROCK AND CROSS, SHUFFLE ¼ TURN, ¾ WALK AROUND

1&2 Rock left foot to left side, recover onto right, cross left foot over right
3&4 Step right foot to right side, step left foot next to right, step right foot to right side making ¼ turn right (12:00) Restart here on walls 3 and 5
5,6,7,8 Walk left, right, left, right completing ¾ turn (facing 9:00)

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