

Long Journey Home

COPPER KNOB
BY STEPHEN

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Urban Danielsson (SWE) - March 2015
音樂: The Long Journey Home - Rodney Crowell : (CD: Tarpaper Sky - iTunes)



#16 counts intro.

Section 1: □Rock back, recover, step, lock step, step, lock step, step

- 1 – 2 Rock right foot back, recover weight onto left
- 3 – 4 Step right foot diagonally forward right, lock step left foot behind of right while bending both knees (dipping)
- 5 – 6 Step right foot diagonally forward right, step left foot diagonally forward left
- 7 – 8 Lock step right foot behind of left while bending both knee (dipping), step left foot diagonally forward left (still working on wall 12:00)

Section 2: □Step, ¼ turn left, cross, hold, hinge ¼ turn right x 2, cross, hold

- 1 – 2 Step forward on right foot, ¼ turn left step left foot to left side (9:00)
- 3 – 4 Step right foot across in front of left foot, hold
- 5 – 6 ¼ turn right step back on left foot, ¼ turn right step right foot to right side
- 7 – 8 Cross left foot across in front of right foot, hold (3:00)

Section 3: □Full rumba box forward, hold

- 1 – 2 Step right foot to right side, step left foot next to right
- 3 – 4 Step right foot forward, touch left toes next to right foot
- 5 – 6 Step left foot to left side, step right foot next or left
- 7 – 8 Step left foot back, hold

Section 4: □½ turn, step, ¼ right, cross, ¼ left, ¼ left, cross, ¼ right

- 1 – 2 ½ turn right step right foot forward, step left foot forward (9:00)
- 3 – 4 ¼ turn right step right foot to right side, step left foot across in front of right (12:00)
- 5 – 6 ¼ turn left step right foot back, ¼ turn left step left foot to left side (6:00)
- 7 – 8 Step right foot across in front of left foot, ¼ turn right step back on left foot (9:00)

Section 5: □Rock back, recover, triple forward, rock forward, recover, touch toes back, unwind ½ turn

- 1 – 2 Rock back on right foot, recover weight onto left foot
- 3&4 Step right foot forward, step left foot next to right, step right foot forward
- 5 – 6 Rock left foot forward, recover weight onto right foot
- 7 – 8 Touch left toes back, unwind ½ turn step down on left foot (3:00)

Section 6: □Step, ¼ turn left, cross, hold, side, cross, side, rock back, recover

- 1 – 2 Step right foot forward, ¼ turn left step left foot to left side (12:00)
- 3 – 4 Cross right foot across in front of left foot, hold
- &5 – 6 Step left foot to left side, cross right foot across in front or left foot, step left foot to left side
- 7 – 8 Rock right foot back, recover weight onto left foot

Section 7: □Triple ¼ right, rock, recover, triple ½ turn left, rock, recover

- 1&2 ¼ turn right step right foot forward, step left next to right, step right foot forward (9:00)
- 3 – 4 Rock left foot forward, recover weight onto right foot
- 5&6 ¼ turn left step left foot to left side, step right foot next to left, ¼ turn left step left foot forward (3:00)
- 7 – 8 Rock right foot forward, recover weight onto left foot

Section 8: □Full turn, rock, recover, coaster step, rock, recover

1&2 Full turn over right shoulder on the spot stepping right, left, right
3 – 4 Rock left foot forward, recover weight onto right foot
5&6 Step left foot back, step right foot next to left, step left foot forward
7 – 8 Rock right foot forward, recover weight onto left foot

Note: 1&2 easier step: coaster step

RESTART and ENJOY!

Alternative music: 'Never Stop Loving You' by Glenn Rogers.

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