

Three More Days (Till Friday)

COPPER KNOB
BY JANE MIDDLETON

拍數: 32 牆數: 4 級數: Improver
編舞者: Jane Middleton (UK) - May 2015
音樂: Fourfiveseconds (Extended Workout Mix) - The Workout Crew : (iTunes)



The dance was written as an improver floor split for Kate Sala's Intermediate Dance - Four five Seconds

Start after a 64 count intro. 33 seconds.

S1: R Jazz Box, Step ½ Pivot, Fwd Shuffle.

1 - 4 Cross step R over L. Step Back on L. Step R to R side. Step FWD on L.
5 - 6 Step R foot Fwd. Turn ½ Pivot L onto L foot..
7 & 8 Step Fwd on R. Step L beside R, Step Fwd on R (6:00)

S2: Syncopated Rocks, Syncopated Monterey ¼ turn Right.

1 - 2 & Rock fwd on L. Recover onto R. Step L next to R (&)
3 - 4 Rock Back on R. Recover onto L.
5 - 6 & Point R toe out to right side. HOLD. Make ¼ turn R stepping R beside L.
7 - 8 Point L out to L side. Step Left in Beside R (but angle toe/body to the left diagonal). (9:00) *

(On count 8 here you're facing the 9:00 wall but angling your L foot/body slightly preps the 1st Cross rock in section 3 and the jazz box in the Restart).

*(Restart here on walls 2 (facing 12:00) & 10 (facing 6:00))

S3: Cross Rock, Right Chasse, Cross Rock, Sailor ¼ L.

1 2 Cross Rock step R over L.
3 & 4 Step R to R side. Close L beside R. Step R to R side.
5 - 6 Cross Rock step L over R. Recover onto R.
7 & 8 Sweep L behind R turning ¼ L . Step R to R side. Close L beside R. (6:00).

S4: Step Hold ball step scuff, Step Hold ball step ¼ pivot with Flick.

1 - 2 Step R Fwd. HOLD.
& 3 - 4 Sep fwd on ball of L foot. Step Fwd R. Scuff L Fwd.
5 - 6 Step L Fwd. HOLD .
& 7 - 8 Step Fwd on Ball of R foot (&). Step fwd on L (7). Sharp ¼ pivot L on ball of L foot whilst flicking R foot out diagonally backwards (8) (3:00) **

(Easy option for the last two steps: as you step fwd on L (7) prep by turning it left as you step down, ready for the flick on the right (8)).

**FINISH: Complete the dance facing the back (6:00 wall) Do a Cross R over L – and pose – ta dah!

*Restarts: Restart the dance after 16 counts during wall 2 (you will be facing the front) and wall 10 (you will be facing the back).

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