

# Humbles You Down

COPPERKNOB  
BY SHEETS

拍數: 48      牆數: 4      級數: High Intermediate waltz  
編舞者: Linda McCormack (UK) - May 2015  
音樂: Life Has a Way - Anthony Hamilton : (iTunes)



Count in: 48 count intro

Notes: □ Restarts – comes in wall 4: after 36 counts (you will be facing 3.00 wall to restart), wall 9: after 42 counts (you will be facing 3.00 wall to restart.)

## [1-6] □ L twinkle, R ¼ twinkle

1,2,3      Cross RF over L (1); step LF to L side (2); step RF to R side (3);  
4,5,6      Cross LF over R (4); ¼ turn L stepping back on the RF (to face 9.00 wall) (5); step LF together next to RF (6);

## [7-12] □ Forward step, full spiral turn, L forward press, recover, step.

1,2,3      Step forward on the RF (1); spiral full turn over L shoulder (finished with weight on RF and LF hooked in) (2,3);  
4,5,6      Press forward on the LF with a slight lunge (4); recover weight back onto RF (5); step RF together with LF (6);

## [13-18] □ Slow side sway x2

1,2,3      Step RF to R side whilst swaying to the R (1,2,3);  
4,5,6      Sway weight over to L whilst taking the weight onto the LF (4,5,6)

## [19-24] □ Cross lunge steps x2

1,2,3      Cross RF over L with a slight lunge (1); recover weight back onto the LF (2); step RF to R side (3);  
4,5,6      Cross LF over R with a slight lunge (4); recover weight back onto the RF (5); step LF to L side (6);

## [25-30] □ Twinkle 1/8th turn, twinkle back.

1,2,3      Cross RF over L (1); 1/8th turn stepping back on the LF (to face 11.30 wall) (2); step RF together next to L (3);  
4,5,6      Step back on the LF (4); step the RF slightly back (5); step LF forward (6);

## [31-36] □ Cross, unwind with a sweep, reversed twinkle.

1,2,3      Cross RF over L (1); unwind, almost a full turn (to return facing original 12.00 wall) whilst sweeping the LF round R (2,3);  
4,5,6      Cross step the LF behind the R (4); step the RF to the R side (5); step LF to L side (6);

## [37-42] □ Slow walks forward x2

1,2,3      Step forward on the RF whilst dragging the LF behind (1,2,3);  
4,5,6      Step forward on the LF whilst dragging the RF behind (4,5,6);

## [43-48] □ Forward rock recover, back twinkle with a ¼ turn.

1,2,3      Rock forward on the RF (1); recover weight back onto LF (2); step slightly back on the RF (3);  
4,5,6      Step back on the LF (4); step back on the RF (5); turning ¼ turn to the L, step the LF to the L side (facing 9.00 wall) (6)