

My Legs Are Weak

COPPER KNOB
BY STEPHEN BATES

拍數: 96 牆數: 4 級數: Waltz time
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音樂: My Legs Are Weak - Paloma Faith : (Album: Do You Want the Truth or
Something Beautiful, Bonus Track version - iTunes)



Waltz time. Dance turns anticlockwise. (version 02)

Intro: Start on first piano beat. Slow step to R (1,2,3) touch L next to R (4,5,6) & click fingers high, repeat to L, then Repeat to R & L.

[1-6] □ R twinkle, cross, sweep

1-6 Cross/step R over L, step L to L, step R in place, cross/step L over R, sweep R around to front over 2 counts

[7-12] □ R twinkle, cross, sweep

1-6 Repeat last 6 counts above

[13-18] □ Cross, $\frac{1}{4}$, $\frac{1}{4}$, side/drag

1-6 Cross/step R over L, turn $\frac{1}{4}$ R & step back L, turn $\frac{1}{4}$ R & small step to R, big step to L, drag R to L (5,6) (6.00)

[19-24] □ Slow Pivot $\frac{1}{2}$, Slow pivot $\frac{1}{2}$

1-6 Step fwd R (1), slow pivot $\frac{1}{2}$ turn L (2,3), step fwd R (4), slow pivot $\frac{1}{2}$ turn L (5,6) (6.00)

[25-30] □ Cross, side, behind, side/drag

1-6 Cross/step R over L, step L to L, cross/step R behind L, big step to L, drag R to L over 2 counts (5,6) (6.00)

[31-36] □ $\frac{1}{4}$ Step, full pencil, step, full turn pencil

1-6 $\frac{1}{4}$ R & step fwd R (1), step L beside R & make a full turn pencil to R (2), replace weight to L (3) (9.00), step fwd R (4), step L beside R & make a full turn pencil R (5), replace weight to L (6) (9.00)

(optional-waltz fwd R, waltz fwd L)

[37-42] □ Fwd, sweep, hitch, back, $\frac{1}{2}$ step, step

1-6 Step fwd R, sweep L fwd, hitch L, step back L, $\frac{1}{2}$ turn R & step fwd R, step fwd L (3.00)

[43-48] □ Fwd, sweep, hitch, back, $\frac{1}{2}$ step, step

1-6 Repeat last 6 counts above (9.00 □)

[49-54] □ $\frac{1}{4}$ Cross, hitch, cross, hitch $\frac{1}{2}$

1-6 Turn $\frac{1}{4}$ R & cross/step R over L (1), hitch L (2,3), cross L over R (4), hitch R & turn $\frac{1}{2}$ L (weight L) (5,6) (6.00)

[55-60] □ Touch, hold, hitch $\frac{1}{2}$, touch, hold, hold

1-6 Touch R to R, (1) hold (2) Hitch R & turn $\frac{1}{2}$ L on L (3), touch R to R, (4) hold x 2 counts (5,6) (12.00)

[61-66] □ R Sailor waltz, back, touch, hold

1-6 R sailor waltz, step back L, touch R toe over L, hold (12.00)

[67-72] □ Step, full turn, step, slow sweep around

1-6 Step fwd R, turn $\frac{1}{2}$ R & step back L, turn $\frac{1}{2}$ R & step fwd R, step fwd L, sweep R to front (2 counts) (12.00)

[73-78] □ Cross, back, back, cross, back, ½ step

1-6 Cross/step R over L, step back L, step back R, cross/step L over R, step back R, ½ turn L & step fwd L (6.00)

[79-84] □ Back, slow drag, back, slow drag

1-6 Step back R on R diagonal, drag L to R (2,3), step back L on L diagonal, drag R to L (5,6) (6.00)

[85-90] □ Waltz fwd ½ R, Waltz back ½ R

1-6 Step fwd R, turn ½ R & step L beside R, step R beside L, step back L, turn ½ R & step R beside L, step L beside R

[91-96] □ Step, slow pivot ½, step, slow pivot ¼

1-6 Step fwd R, slow pivot ½ turn L (over 2 counts), step fwd R, slow pivot ¼ turn L (over 2 counts) (9.00)

Tag: End of Wall 2. Pivot ½ L (123), repeat (456), slow step R (1,2,3), touch L beside R & click fingers near shoulders (4,5,6) Repeat to L (1-6)

Restart: Wall 5 facing 12.00, Dance counts 1-72, (from counts 61-72 the music slows down, so dance slow with the beat . On count 72, sweep the foot around to side & hold until the melody kicks in. You will hear two beats then start again!!

Ending: Dance counts 1-57 (the ½ hitch turn & touch) there is a little pause, then make a ½ turn L on L while hitching R, & touch R to side (or you can be game and make a full spiral over the L & touch. Hold.)

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