

Spectre

COPPERKNOB
BY STEPHEN

拍數: 48 牆數: 4 級數: Intermediate / Advanced
編舞者: Alison J. Austerberry (UK) - November 2015
音樂: Writing's On the Wall - Sam Smith



This is a stylish dance, very dramatic like a Bond film - a bit tricky until you get to know the music as there are a few stops and starts but it flows really well once you get the hang of it. Hope you will be shaken but not stirred.

S1: SWAY & SWAY & HITCH, FULL TURN, SWAY AND SWAY, ROCK AND STEP

8&1 Sway hip right and left hitching right foot towards the right
2&3 Stepping on the right, make a full turn right (turn, turn, turn)
4&5 Sway hips left right, left
6&7 Rock back on right. Recover on left . Step forward diagonal on right

S2: ROCK AND STEP, LUNGE HOLD, RIGHT SHUFFLE BACK, SWEEP LEFT

8&1 Step left behind right angling body left. Recover on right. Step forward diagonally on left
2&3 Lunge right diagonally forward, hold, recover on left
4&5 Step right back, bring left next to right, Step right back
6&7 Sweep step left behind right, stepping left in place

S3: SWEEP RIGHT, ROCK AND CROSS, ROCK AND CROSS, ROCK AND CROSS

8&1 Sweep step right behind left, stepping right in place
2&3 Rock left forward. Step right next to left. Step left over right.
4&5 Rock out right to right side. Recover on left. Step right over left.
6&7 Rock out left to left side. Recover on right. Step left over right

S4: WALK, WALK, WALK, ROCK AND CROSS, BEHIND SIDE SWEEP, ROCK AND TOUCH

8&1 Walk round $\frac{3}{4}$ turn left, walking right, left , right
2&3 Rock left out to left side, recover on right, cross left over right
4&5 Step right to right side, cross left behind right, sweep right behind left
6-7 Rock left to left side, Recover on right

S5: ROCK AND TURN, ROCK AND TURN, ROCK AND CROSS, BEHIND SIDE, LUNGE

8&1 Step back left behind right, angling body left. Recover on right. Step left next to right, straightening body up
2&3 Step back right behind left, angling body right. Recover on left. Step right next to left straightening body up
4&5 Rock left to left side. Recover on right. Cross left over right.
6&7 Step right to ride side. Step left behind right. Lunge right to right side

S6: DRAG, HOLD, ROCK AND CROSS, UNWIND 1/2 FOR 2 COUNTS, CROSS UNWIND FOR 3 COUNTS

8&1 Drag right leg slowly over two counts placing next to left.
2&3 Rock right to right side. Recover on left. Cross right over left
4&5 Unwind $\frac{1}{2}$ turn left for two counts
6,7,8 Unwind $\frac{1}{2}$ turn right over 3 counts

START AGAIN

Restarts: On Walls 2,3 And 4 - For Big Finish Hold Hands Up Against A Wall

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