

Peace In The Valley

COPPER KNOB
STEPPERS

拍數: 64 牆數: 4 級數: Improver
編舞者: Yvonne Anderson (SCO) - January 2016
音樂: Peace in the Valley - Jools Holland & Ruby Turner : (iTunes, amazon)



Notes: □ No Tags, No Restarts. - Longish Intro, There Is A Vocal Only Part...then a light beat kicks in count 32 and begin...

You will be starting on the heavy beat. To finish forward adjust the rolling turn counts 60-64

[1-8] □ ROCK FWD, RECOVER, STEP BACK, SWEEP, BEHIND, 1/4 LEFT, 1/4 LEFT, ROCK, RECOVER

1-4 Rock L forward, Recover weight on R, Step L back, Sweep R from front to back [12]
5-8 Step R behind left, Make 1/4 turn left stepping L forward, Make 1/4 turn left rocking R to side, recover weight on L [6]

[9-16] □ FRONT, SIDE, BEHIND, SWEEP, BEHIND 1/4 RIGHT, SHUFFLE FWD

1-4 Step R across left, step L to left, Step R behind left, Sweep L from front to back [6]
5-6 Step L behind right, Make 1/4 turn right stepping R forward [9]
7&8 Shuffle forward stepping L,R,L [9]

[17-24] □ 1/4 TURN LEFT, TOUCH and CLAP X 3, STEP SIDE TOUCH and CLAP

1-2 Make 1/4 turn left stepping R to side, Touch L toes beside right and clap hands [6]
3-4 Make 1/4 turn left stepping L forward, Touch R toes beside left and clap hands [3]
5-6 Make 1/4 turn left stepping R to side, Touch L toes beside right and clap hands [12]
7-8 Step L to left, Touch R toes beside left and clap hands [12]

[25-32] □ VINE RIGHT, TOUCH, ROLLING 1 and 1/4 VINE LEFT, TOUCH

1-4 Step R to right, Step L behind right, Step R to right, Touch L toes beside right [12]
5-8 Make 1/4 turn left stepping R forward, Make 1/2 turn left stepping L back, Make 1/2 turn left stepping L forward, Touch R toes beside left [9]

(Easier alt counts 5-8 vine 1/4 turn left touch)

[33-40] □ DIAGONAL WALK, TOUCH, KICK-BALL-STEP X 2

1-2 Step R forward to right diagonal, Touch L beside right [11.30]
3&4 Kick L forward, Step L beside right squaring up to wall, step R forward [9]
5-6 Step L forward to left diagonal, Touch R beside left [7.30]
7&8 Kick R forward, Step R beside left squaring up to wall, Step L forward [9]

[41-48] □ CROSS, BACK, DIAGONAL SIDE SHUFFLE X 2 (travels back)

1-2 Step R across left, Step L back opening up to right diagonal [11.30]
3&4 Make a diagonal side shuffle travels back stepping R to side, Step L beside right, Step R to side [11.30]
5-6 Step L across right, Step R back opening up to left diagonal [7.30]
7&8 Make a diagonal side shuffle travels back stepping to side, Step R beside left, Step L to side [7.30]

[49-56] □ CROSS, BACK, DIAGONAL SIDE SHUFFLE, ROCK BACK, RECOVER, STEP FORWARD, HOLD (snap or clap)

1-2 Step R across left, Step L back opening up to right diagonal [11.30]
3&4 Make a diagonal side shuffle travels back stepping R to side, Step L beside right, Step R to side [11.30]
5-8 Rock L back squaring up to wall, Recover weight on R, Step L forward, Hold and clap hands or snap fingers [9]

[57-64] □ PIVOT 1/2 TURN, HOLD, STEP FORWARD, HOLD, FULL ROLLING TURN FORWARD, HOLD

1-4 Make 1/2 turn right taking weight on R, Hold and snap or clap, Step L forward, Hold and snap or clap [3]

5-8 Make 1/2 turn left stepping R back, Make 1/2 turn left stepping forward, Step R forward, Hold

REPEAT
