

Alive Again

COPPER KNOB
BY STEPHEN METZ

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Mario Elliott (USA) - February 2016
音樂: Adventure of a Lifetime - Coldplay



Section 1: Kicks (x2), side touch, hitch 1/4 R, walk (x4)

1&2&3&4 Kick RF, Set RF next to LF, Kick LF, Set LF next to RF, point RF to R, 1/4 R while lifting R knee
5&6&7&8 Step RF fwd, Step LF fwd, Step RF fwd, Step LF fwd

Section 2: step, 1/2 turn L, slide together, coaster cross, hold, cross, side rock,

1&2&3&4 Step RF fwd, (can hip roll) 1/2 turn L, (roll hips if you wish) slide LF to RF, step LF back, step RF next to LF, cross LF over RF
5&6&7&8 hold, step RF R slightly, step LF R, step RF R, rock Weight R, Rock weight back to LF

Section 3: Behind Side Cross, 1/2 unwind, coaster, toe, heel

1&2&3&4 Step RF behind LF, Step LF L, Cross RF over LF, hold, 1/2 unwind L, lean back
5&6&7&8 Step LF back, Step RF next to LF, Step LF fwd, Rock fwd on LF & tap R toe, ball, Rock back and touch L heel

Section 4: Wizards (x2), kicks, steps, body roll

1&2&3&4 Step RF Diagonal R, step LF behind RF, step RF fwd, step LF diagonal, step RF behind LF,
&5&6&7&8 Step LF fwd, Kick RF fwd, Step RF in place, Step LF fwd, Body roll (from head to toe) or hold for two counts, weight centered

****Restart is 24 counts into the 9th wall**

Contact: marioenzox85@live.com
