

A Thousand Moons

COPPER KNOB
BYSTEP SHEETS

拍數: 32 牆數: 2 級數: Intermediate NC2S
編舞者: Gail Smith (USA) - January 2016
音樂: Has Anybody Ever Told You - Ashley Monroe



INTRO: 8 Counts - Begin on vocals - NO Tags Or Restarts

SIDE, BEHIND, 1/4, ROCK-REC, BACK-SWEEP, BACK-SWEEP, COASTER STEP, PIVOT 1/2

1 -2 & Step R to side, step L behind, turn 1/4 R and step R fwd □ - 3:00
3 & Rock L fwd, recover onto R
4 - 5 Step L back & sweep R to back, step R back & sweep L to back
6 & 7 Step L back, step R together, step L fwd
8 & Step R fwd, pivot 1/2 turn L - 9:00

FULL SPIRAL TURN, RUNNING ARCH, WEAWE with SWEEP, BEHIND, SIDE, CROSS-ROCK, SIDE-ROCK-CROSS

1 Step R across L and spiral full turn over L shoulder (non-turners just step across)
2 & 3 Making an 1/4 turn arch, run L-R-L - 6:00
4 & 5 Step R across L, step L to side, step R behind L & sweep L to back
6 & Step L behind, step R to side
7 & 8 & 1 Rock L across R, recover onto R, rock L to side, recover onto R, step L across R

SWEEP FWD-TOUCH, SWEEP BACK-TOUCH, UNWIND 1/2 TURN, RUN FWD, PRESS, REC, BALL-STEP BACK

2 - 3 & Sweep R & touch toes fwd, sweep back & touch toes behind, unwind 1/2 (weight to R) □ - 12:00
4 & 5 Run fwd L-R-L (quick, quick, slow)
6 Press R toes fwd while leaning fwd with R knee slightly bent
7 & 8 Recover onto L, step ball of R slightly back, step L back

BASIC R, BASIC L, SIDE, BEHIND, 1/4, STEP-1/4-CROSS, SWAY-SWAY

1 - 2 & Step R to side, step L slightly behind R, step R across L
3 - 4 & 5 □ Step L to side, step R slightly behind, L, step L across R, turn 1/4 R and step R fwd - 3:00
6 & 7 Step L fwd, pivot 1/4 turn R, step L across R □ - 6:00
8 & Step R to side as you sway R, sway L and bring R toes toward L foot

START AGAIN

SLOW your steps at the end of the song to match the music. End facing front.

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