

Circle Of Life

COPPER **NOB**
BY STEPHEN

拍數: 64 牆數: 4 級數: Novice
編舞者: Kaie Seger (EST) - February 2016
音樂: Circle of Life - Kaidi Feldmann



No Tags, No Restarts

HEEL GRIND WITH ¼ TURN, ROCK BACK, ¼ PIVOT TURN , CROSSING SHUFFLE

- 1 RF Step forward onto heel
- 2 LF ¼ turn R, step back (3.00)
- 3 RF Rock back
- 4 LF Recover weight
- 5 RF Step forward
- 6 LF Turn ¼ L (12.00)
- 7 RF Step across LF
- & LF Small step L
- 8 RF Step across LF

FULL TURN , SWEEP, SAILOR STEP. STEP BEHIND, SIDE STEP

- 9 LF ¼ turn R, step back
- 10 RF ½ turn R, step forward
- 11 LF ¼ turn R, step L side (12.00)
- 12 LF Sweep RF from front to back
- 13 RF Step behind LF
- & LF Small step L side
- 14 RF Step R side
- 15 LF Step behind RF
- 16 RF Step R side

CROSS ROCK. SIDE ROCK, BEHIND-SIDE-ACROSS, SIDE TOUCH, FLICK WITH ¼ TURN

- 17 LF Rock across RF
- 18 RF Recover weight
- 19 LF Rock L side
- 20 RF Recover weight
- 21 LF Step behind RF
- & RF Step R side
- 22 LF Step across RF
- 23 RF Touch toe R side
- 24 LF ¼ turn L with RF flick back (9.00)

SHUFFLE FORWARD, ROCK FORWARD, ½ TURN , TOE-HEEL STRUT, ¼ TURN, LONG SIDE STEP, SLIDE

- 25 RF Step forward
- & LF Step next to RF
- 26 RF Step forward
- 27 LF Rock forward
- 28 RF Recover
- & RF ½ turn L (3.00)
- 29 LF Step onto toe
- 30 LF Drop heel down
- 31 RF ¼ turn L, long side step R (12.00)
- 32 LF Slide towards RF

SAILOR STEP DIAGONALLY FORWARD (3X), TOUCH BEHIND, ¾ UNWIND TURN

33 LF Step behind RF
& RF Small step R side
34 LF Step diagonally forward
35 RF Step behind LF
& LF Small step L side
36 RF Step diagonally forward
37 LF Step behind RF
& RF Small step R side
38 LF Step diagonally
39 RF Touch behind LF
40 RF ¾ turn R, step onto RF (9.00)

**STEP, CROSS BEHIND, TURN ¼ STEP FORWARD, STEP FORWARD, ½ PIVOT TURN, TURN ¼ SIDE
STEP, CROSS BEHIND, TURN ¼ STEP FORWARD**

41 LF Step L side
42 RF Step behind LF
43 LF ¼ turn L, step forward (6.00)
44 RF Step forward
45 LF ½ turn L (12.00)
46 RF ¼ turn L, step R side (9.00)
47 LF Step behind RF
48 RF ¼ turn R, step forward (12.00)

TURN ¼, SIDE SHUFFLE, ROCK BACK, SIDE SHUFFLE, ROCK BACK

49 LF ¼ turn R, step L side (3.00)
& RF Step next to LF
50 LF Step L side
51 RF Rock back
52 LF Recover weight
53 RF Step R side
& LF Step next to RF
54 RF Step R side
55 LF Rock back
56 RF Recover weight

ROCKING CHAIR, STEP FORWARD, ½ TURN WITH TOUCH, KICK-BALL-CHANGE

57 LF Rock forward
58 RF Recover weight
59 LF Rock back
60 RF Recover
61 LF Step forward
& LF ½ turn R (9.00)
62 RF Touch toe next to LF
63 RF Kick forward
& RF Step close to LF
64 LF Step forward

ENJOY & START AGAIN!

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