

Highs of My Life

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 4 級數: Easy Intermediate waltz
編舞者: Linda Pink (AUS) - March 2016
音樂: Berlin At 5 - Paul O'Brien : (Album: Sacred Lines)



Music Available on paulobrien.ca

Tag/Restarts: 1 Tag/Restart

Introduction 12 3.58min

TWINKLE, TWINKLE ½ TURN

1,2,3 Step L Across In Front Of R, Step R Together, Step L Together (12)
4,5, Step R Across In Front Of L, Turn ¼ Right Step L Back,
6 Turn ¼ Right Step R To The Side (6)

CROSS, ROCK, SIDE, ¾ ROLL

1,2,3 Step L Across In Front Of R, Rock Back Onto R, Step L To The Side
4,5, Step R Across In Front Of L, Turn ¼ Right Step L Back,
6 Turn ½ Right Step R Forward (3)

STEP, POINT, HOLD, ACROSS, SLOW KICK

1,2,3 Step L Forward, Point R To The Side, Hold
4,5,6 Step R Across L, Slow Kick L (2 Beats)

(TRAVELLING BACK) SAILOR STEP, SAILOR STEP

1,2,3 Step L Behind R, Step R To The Side, Rock Back Onto L
4,5,6 Step R Behind L, Step L To The Side, Rock Back Onto R

COASTER STEP, SLOW PIVOT

1,2,3 Step L Back, Step R Beside L, Step L Forward
4,5,6 Step R Forward, Slow ½ Turn Left Taking Weight Onto L (2 Beats) (9)

FULL TURN, STEP, STEP , STEP, SLOW SWEEP

1, Step Forward Turning A Full Turn Left On The Ball Of R Foot
2,3 Step L Forward, Step R Forward
4,5,6 Step L Forward, Slow Sweep R Over L (2 Beats)

CROSS, BACK, BACK, CROSS, BACK, SIDE

1,2,3 Step R Over L, Step L Back, Step R Back ***
4,5,6 Step L Over R, Step R Back, Step L to the Side

CROSS, SLOW UNWIND, BACK, DRAG, TOGETHER

1,2,3 Cross R Over L, Slow Unwind Left (2 Beats) Take Weight Onto R (3)
4,5,6 Step L Back, Drag R To L, Step R Next To L

TAG/RESTART

On Wall 5 Dance Up To Beat 39 (***) And Add The Following Tag

1,2,3 Step L Back, Drag R To L, Step R Next To L

And Restart The Dance Facing 9 O'clock

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