

Five Fingers (Fem Fingrar)

COPPER KNOB
BY STEPHENETS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Hans Palm (SWE) - May 2016
音樂: Handens Fem Fingrar - Lisa Nilsson



Intro: □16 counts

Sequence: 32, 16, 32, Tag, 16, 32, 16, 32, Tag X 3, 32, Tag X 2, 32, 12, 13

Note: The sequence looks complicated but it's rather easy to hear where restarts and tags are from the music.

S1: □Lunge L recover ¼ R, full turn R, syncopated rock steps

1,2 Lunge L (1) on L, recover and turn ¼ R on R (2) 3:00
3,4 Turn ½ R on L (3), turn ½ R on R (4) 3:00
& Step down on L beside R while transferring weight off R foot, keeping ball of R foot on the floor (&)
5& Rock forward on R (5), recover back on L (6), step down R beside while transferring weight off L foot (&)
7,8 Rock forward on L (7), recover back on R (8)

S2: □Step lock back L R L, shuffle turn ½ R, L rocking chair

1&2 Step back on L (1), lock step R back over L (&), step L back (2)
3&4 Step R to side while turning ¼ R (3), step L beside R (&), step R forward while turning ¼ R (4) 9:00
5,6,7,8 Rock forward on L (5), recover back on R (6), rock back on L (7), recover on R (8)

S3: □L to side and ¾ spiral turn R, walk R L, step turn on R ¼ L (prep), triple turn R

1,2 Step L to the side (1), spiral turn (distinct) ¾ R with weight on L and finishing with R foot crossed over L (2) 6:00
3,4 Walk forward on R (3), walk forward on L (4)
5,6 Step forward on R (5), turn body slightly more than ¼ L on R (looking at 3:00) finishing with weight on L foot (6), preparing for triple full turn R towards 3:00
7&8 Triple full turn R in place on R (7), L (&), R (8) 3:00

S4: □Syncopated cross rocks to R and L, walk L R, slow pivot turn ½ L to L foot, R beside

12& Cross rock L foot over R 1/8 to the right diagonal (1), recover 1/8 L stepping back on R (2), step L slightly to L side (&) 3:00
34& Cross rock R foot over L 1/8 to the left diagonal (3), recover 1/8 R stepping back on L (4), step R slightly to R side (&) 3:00
5,6,7 Walk forward on L (5), walk forward on R (6), start slow pivot turn ½ L on R foot (7)
&8 Finish turn ½ L and transfer weight to L foot (&) 9:00, step R beside L with weight on R foot (8) to prepare for next wall with lunge on L

Restarts: After 16 counts on wall 2 (6:00), wall 4 (12:00) and wall 6 (6:00). On wall 10 starting at 9:00, continue dancing in the same tempo when the music stops, Restart at 6:00 after 12 counts when music starts again.

Tags: □Sway L (1) R (2) after wall 3 at 3:00, repeat 3 times after wall 7 at 3:00 (1-6), repeat 2 times after wall 8 at 12:00 (1-4)

Ending: Ends at the front wall (12:00) after 13 counts on the last wall. After backwards step-lock-step in S2 (1&2), shuffle turn R only ¼ instead of ½ (3&4). Finish by stepping forward on L, slightly crossing over R (5).

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