

Beautiful Inside

COPPER KNOB
BY STEPHEN

拍數: 64
編舞者: Kim Ray (UK) - July 2016
音樂: Beautiful Inside - Louise

牆數: 4

級數: Phrased Intermediate



Sequence: AAB, AAB, A, A WITH RESTART, AAA finish C8AS4 front,
#32 count intro

AS1: □ FORWARD, TOUCH, OUT/OUT, BALL CROSS, SIDE ROCK/RECOVER, BEHIND, SIDE, FORWARD

- 1 Large step forward on left
- 2&3 Touch right toe next to left, step out on right, step out on left
- &4 Step right next to left, cross left over right
- 5-6 Side rock right, recover on left
- 7&8 Cross right behind left, step left to left side, step forward on right (12:00) (Restart here facing 9:00)

AS2: □ ½ TURN LEFT, ½ TURN LEFT, BACK LOCK STEP, BALL STEP OUT, STEP OUT, POP RIGHT KNEE IN, BALL SIDE STEP, POP LEFT KNEE OUT WITH A TOUCH

- 1-2 Pivot ½ turn left, ½ turn left stepping back on right (12:00)
- 3&4 Step back on left, cross right over left, step back on left
- &5-6 Step back and to side on right, step left to side of right, pop right knee in (weight on right)
- &7-8 Step left up to right, step right to right side, pop left knee out as you touch toe to floor (slightly dipping down and back facing left diagonal) (12:00)

AS3: □ SHUFFLE ¼ TURN LEFT, STEP PIVOT ½ TURN LEFT, SHUFFLE ½ TURN LEFT, BALL STEP BACK, DRAG

- 1&2 ¼ turn left and shuffle forward stepping left, right, left (9:00)
- 3-4 Step forward on right, ½ pivot turn left (3:00)
- 5&6 Shuffle turning ½ turn left stepping right, left, right (9:00)
- & Small step back on left
- 7-8 Large step back on right, dragging left to right

AS4: □ BALL CROSS WITH ¼ TURN RIGHT, ¼ TURN RIGHT x 3, BACK LOCK STEP, BALL WALKS FORWARD x 3

- &1 Step left in place, ¼ turn right crossing right over left (12:00)
- 2-3 ¼ turn right stepping back on left, ¼ turn right stepping forward on right (6:00)
- 4 ¼ turn right stepping back on left (9:00)
- 5&6 Step back on right, cross left over right, step back on right
- & Small step back on left
- 7-8& Walk forward right, walk forward left, step right next to left (9:00)

BS1: □ SIDE, HOLD, BACK ROCK/RECOVER, ¼ TURN RIGHT, HOLD, PIVOT ½ TURN RIGHT

- 1-2 Large step to left side, hold (6:00)
- 3-4 Back rock on right, recover on left
- 5-6 ¼ turn right stepping forward on right, hold (9:00)
- 7-8 Step forward on left, pivot ½ turn right (3:00)

BS2: □ FORWARD, HOLD, PIVOT ½ TURN LEFT, FORWARD, HOLD, PIVOT ½ TURN RIGHT

- 1-2 Step forward on left, hold
- 3-4 Step forward on right, pivot ½ turn left (9:00)
- 5-6 Step forward on right, hold
- 7-8 Step forward on left, pivot ½ turn right (3:00)

BS3: □SIDE, HOLD, BACK ROCK/RECOVER, ¼ TURN RIGHT, HOLD, PIVOT ½ TURN RIGHT

- 1-2 Large step to left to left side, hold
- 3-4 Back rock on right, recover on left
- 5-6 ¼ turn right stepping forward on right, hold (6:00)
- 7-8 Step forward on left, pivot ½ turn right (12:00)

BS4: □FORWARD, HOLD, PIVOT ½ TURN LEFT, FORWARD, HOLD, FULL TURN RIGHT

- 1-2 Step forward on left, hold
- 3-4 Step forward on right, pivot ½ turn left (6:00)
- 5-6 Step forward on right, hold
- 7-8 ½ turn right stepping back on left, ½ turn right stepping forward on right (6:00)

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