Black and White

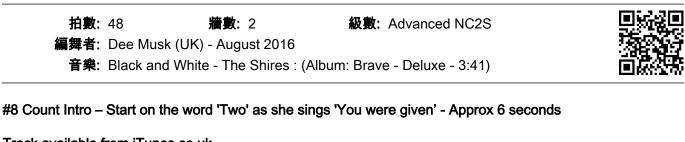
拍數: 48

級數: Advanced NC2S

編舞者: Dee Musk (UK) - August 2016

音樂: Black and White - The Shires : (Album: Brave - Deluxe - 3:41)

牆數:2



COPPER KNO

Track available from iTunes.co.uk	
Step Full Turn F 1,2&	Right, Rock Recover, Back Touch, ¼ Twist Right, ¼ Twist Left Sweep, Cross Side. Step forward on R, make a full turn R stepping back on L, stepping forward on R.
3,4	Rock forward on L, recover weight to R.
&5,6	Step back on L, touch R toe back, on balls of both feet twist a ¼ turn R.
7	On balls of both feet twist 1/4 turn sweeping R to in front of L.
8&	Cross R over L, step L to L side. \Box (12 o'clock).
Back Rock, ¼ Turn Left, Back Rock, Full Turn Right, Sweep, Cross Tap Sweep, Behind Side.	
1,2&	Rock R behind L, recover weight to L, make a 1/4 turn L stepping back on R.
3,4	Rock back on L, recover weight to R.
&5	Make a $\frac{1}{2}$ turn R stepping back on L, make a $\frac{1}{2}$ turn R stepping forward on R sweeping L to in front of R.
6&7	Cross L over R, tap R toe behind L, replace weight to R and sweep L to behind R.
8&	Cross L behind R, step R to R side. (9 o'clock).
Cross Sweep, Cross, ¼ Turn Right, ¼ Turn Right, Cross, Sway, Sway, Side Drag, Ball Cross.	
1,2	Cross L over R whilst sweeping R from behind to in front of L, cross R over L.
3,4&	Make a ¼ turn R stepping back on L, make a ¼ turn R stepping R to R side, cross L over R.
5,6	Step R to R side swaying R, sway L.
7,8&	Step R to R side dragging L to beside R, step L beside R, cross R over L. \Box (3 o'clock).
¼ Turn R, Back Rock, Step ¾ Turn L, Behind ¼ Turn R, Step Pivot, Step.	
1-3	Make a ¼ turn R stepping back on L, rock back on R, recover weight to L.
4&5	Step forward on R, make a ¾ turn L, step R to R side.
6&	Cross step L behind R, make a ¼ turn R stepping forward on R (12 o'clock).
7,8&	Step forward on L, make a $\frac{1}{2}$ turn R, step forward on L. \Box (6 o'clock).
Restart here during wall 5 – Begin again facing 6 o'clock wall.	
	oss, ¼ Turn L, Cross, ½ Turn R, Cross, ¾ Turn L, Step Pivot L.
1,2&3	Step forward on R whilst sweeping L to in front of R, cross L over R, make a ¼ turn L stepping back on R, step L to L side.
4&5	Cross R over L, make a ¼ turn R stepping back on L, make a ¼ turn R stepping L to L side.
6&7	Cross L over R, make a $^{1\!\!/}_{4}$ turn L stepping back on R, make a $^{1\!\!/}_{2}$ turn L stepping forward on L.
8&	Step forward on R, make a $\frac{1}{2}$ turn L (weight forward on L). $\Box \Box \Box \Box \Box$ (6 o'clock).
Restart from here during wall 2 – Begin again facing 12 o'clock wall. **Restart from here during wall 4 – Begin again facing 12 o'clock wall**.	
1/2 Turn L Sweep, Behind, Side, Cross Rock Recover, Side, Step Full Spiral Turn Left, Step, Step 1/2 Turn Left.	
1	Make a ½ turn L stepping back on R whilst sweeping L to behind R.
2&	Cross step L behind R, step R to R side.
3,4&	Cross rock L over R, recover weight to R, step L to L side.
5,6	Step forward on R, make a full spiral turn L ending with L hooked in front of R.
7	Step forward on L.
8&	Step forward on R, make a ½ turn L (weight ending on L). (6 o'clock).

Enjoy

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