

Human After All

COPPER KNOB
BY STEPHEN METZ

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Anne Lund Dam - September 2016
音樂: Human - Rag'n'Bone Man : (Single)



Intro: 16 counts

S1: □ R mambo step, mambo step back, R lock step forward, L step turn step

1&2 Rock right to right (1), recover on left (&), step right next to left (2) - 12:00
3&4 Rock left back (3), recover on right (&), step left next to right (4) - 12:00
5&6 Step right forward (5), cross left behind right (&), step right forward (6) - 12:00
7&8 Step left forward (7), make 1/2 turn right stepping right (&), step left forward - 06:00

S2: □ R side rock, R triple full turn, L side rock, L sailor 1/4

1,2,3&4 Rock right to right (1), recover on left (2), make 1/2 turn right stepping on right (3), step left next to right (&), make 1/2 turn right stepping on right (4) - 06:00
5,6,7&8 Rock left to left (5), recover on right (6), sweep left crossing left behind right (7), step right to right side (&), step left to left side (8) - 03:00

S3: □ Step L pivot, R shuffle forward, step R pivot, L shuffle forward,

1,2,3&4 Step right forward (1), make 1/2 turn left stepping left (2), step right forward (3), step left next to right (&), step right forward (4) - 09:00
5,6,7&8 Step left forward (1), make 1/2 turn right stepping right (2), step left forward (3), step right next to left (&), step left forward (4) - 03:00

S4: □ Hold, R step, L step, hold, R step, L step, R mambo forward, L mambo step

1&2 Hold (1), make a heavy step right next to left (&), make a heavy step left forward (2) - 03:00 -
(The heavy steps is like a stomp, but you almost don't bend you knee)
3&4 Hold (3), make a heavy step right next to left (&), make a heavy step left forward (4) - 03:00
5&6 Rock right forward (5), recover on left (&), step right next to left (6) - 03:00
7&8 Rock left to left (7), recover on right (&), step left next to right (8) - 03:00

From the end of wall 5 (03:00):

Repeat sections 3 and 4 (03:00).....

S5: R step back, L sailor 1/4, R cross & heel, close, L cross & heel, close, L unwind 1/2

1,2&3 Step back right (1), sweep left crossing left behind right (2), step right to right side (&), step left to left side (3) - 12:00
4&5& Cross right over left (4), step back left (&), tab right heel diagonally forward (5), step right next to left (&) - 12:00
6&7& Cross left over right (6), step back right (&), tab left heel diagonally forward (7), step left next to right (&) - 12:00
8,1 Cross right over left (8), make 1/2 turn left stepping left (1) - 6:00

S6: R cross & heel &, L cross & heel &, L unwind 1/2, R jazz box

2&3& Cross right over left (2), step back left (&), tab right heel diagonally forward (3), step right next to left (&) - 06:00
4&5& Cross left over right (4), step back right (&), tab left heel diagonally forward (5), step left next to right (&) - 06:00
6,7 Cross right over left (6), make 1/2 turn left stepping left (7) - 12:00
8,9,10,11 Cross right over left (8), step left back (9), step right to the right (10), step left forward (11) - (12:00)

Repeat sections 3 and 4 (12:00):

Repeat section 3 (12:00) and counts 1&2 from section 4 (12:00)

Hold, L unwind full, R close

3,4,5,6,7,8 Hold (3), cross right over left (4), make 1/1 turn left (weight left) (5, 6, 7), step right next to left (8) - 12:00

Please do not alter this step sheet in any way.

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