

Sweet Soul Legacy

COPPER KNOB
BY STEPHEN

拍數: 64 牆數: 2 級數: Improver
編舞者: Hayley Wheatley (UK) - September 2016
音樂: Sweet Soul Legacy - Paul Carrack : (Album: Soul Shadows)



Music Available from Amazon and iTunes

Quick 4 count Intro!

S1: CROSS ROCK, RECOVER, BALL CROSS, SIDE, ROCK BEHIND, RECOVER, SIDE, TOUCH

1-2 Cross rock RF over LF, Recover onto LF □12:00
&3-4 Step RF to R side, Cross step LF over RF, Step RF to R side □12:00
5-6 Rock LF behind RF, Recover onto RF □12:00
7-8 Step LF to L side, Touch R toe next to LF □12:00

S2: CHASSE ¼ TURN, STEP, PIVOT ¼ TURN, WEAWE RIGHT

1&2 Step RF to R side, Close LF beside RF, Step RF to R making ¼ turn R □3:00
3-4 Step Fwd onto LF, Pivot ¼ turn R □6:00
5-6 Cross LF over RF, Step RF to R side □6:00
7-8 Cross step LF behind RF, Step RF to R side □6:00

S3: CROSS ROCK, RECOVER, BALL CROSS, SIDE, ROCK BEHIND, RECOVER, SIDE, TOUCH

1-2 Cross rock LF over RF, Recover onto RF □6:00
&3-4 Step LF to L side, Cross step RF over LF, Step LF to L side □6:00
5-6 Rock RF behind LF, Recover onto LF □6:00
7-8 Step RF to R side, Touch L toe next to RF □6:00

S4: CHASSE ¼ TURN, STEP, PIVOT ½ TURN, STEP BACK, TOGETHER, WALKS FORWARD

1&2 Step LF to L side, Close RF beside LF, Step LF to L making ¼ turn L □3:00
3-4 Step fwd onto RF, Pivot ½ turn L □9:00
5-6 Step back onto RF, Close LF beside RF □9:00
7-8 Walk fwd onto RF, Walk fwd onto LF □9:00

S5: CROSS, POINT, CROSS, POINT, JAZZBOX ¼ TURN WITH KNEE POP

1-2 Cross RF over LF, Point L toe out to L side □9:00
3-4 Cross LF over RF, Point R toe out to R side □9:00
5-6 Cross RF over LF, Step back onto LF □9:00
7-8 Step RF to R side making ¼ turn R, Touch LF next to RF while popping L knee inward (Keep weight on RF) □12:00

S6: KNEE POP, HOLD, HEEL, HOLD, STEP, PIVOT ½ TURN, WALKS FORWARD

1-2 Pop R knee inward (weight on LF), Hold □12:00
&3-4 Step back onto RF, Tap L heel fwd, Hold □12:00
&5-6 Step back onto LF, Step RF fwd, Pivot ½ turn L □6:00
7-8 Walk forward onto RF, Walk fwd onto LF □6:00

S7: KNEE POP, HOLD, KNEE POP, HOLD, HEEL SWITCHES, HOLD

&1-2 Step back onto RF, Pop L knee inward, Hold, □6:00
&3-4 Step back onto LF, Pop R knee inward, Hold □6:00
&5&6 Step back onto RF, Tap L Heel fwd, Replace LF, Tap R heel fwd □6:00
&7-8 Replace RF, Tap L Heel fwd, Hold □6:00

S8: SIDE ROCK, RECOVER, SAILOR STEPS MOVING BACKWARDS X3

1-2 Rock LF to L side, Recover onto RF □6:00

3&4 Step LF behind RF, Step RF to R side, Step LF to L side (moving slightly backwards) □6:00
5&6 Step RF behind LF, Step LF to L side, Step RF to R side (moving slightly backwards) □6:00
7&8 Step LF behind RF, Step RF to R side, Step LF to L side (moving slightly backwards) □6:00

Start Again!

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