

# Meteorite

COPPER KNOB  
BY STEPHEN

拍數: 64      牆數: 2      級數: Intermediate  
編舞者: Rob Fowler (ES) & Tina Argyle (UK) - October 2016  
音樂: Meteorite - Years & Years : (from Bridget Jones Movie - Single - iTunes etc)



Alternative country track :- People Know You By Your First Name by Dean Brody (No Restart required)

Count In : 32 counts from start of track approx 16 secs – start with main beat just before lyrics  
Starting Position – Start with weight forward on the right to touch the left behind – from wall 2 onwards, the & step and the end of the dance will put you back in the starting position every time.

## S1: Touch & Kick, Coaster Step, Forward Rock, Triple ¼ Turn

1&2      Touch left toe behind right, step down on left, kick right forward  
3&4      Step back right, step back left, step fwd right  
5 - 6      Rock fwd onto left, recover weight back onto right  
7&8      Make triple ¼ turn left stepping left, right, left (3 o'clock)

## S2: Cross Side Behind & Heel, & Touch & Heel, HOLD & Cross

1 - 2      Cross right over left, step left to left side  
3&4      Cross right behind left, step down left, touch right heel to right diagonal  
&5      Step down right, touch left behind right  
&6      Step back left, touch right heel to right diagonal  
7      Hold  
&8      Step down right, cross left over right (3 o'clock)

## S3: ½ Turn Side, HOLD Together Side, Cross Rock, Recover Sailor ¼ Turn

1 - 2      Make ¼ turn left stepping back right, make ¼ turn left stepping to left side (9 o'clock)  
3&4      Hold (count 3) step right at side of left, step left to left side  
5 - 6      Cross rock right over left, recover weight onto left  
7&8      Make ¼ turn right crossing right behind left, step left in place, step right in place (12 o'clock)

## S4: Walk LR a ¼ Turn, ¼ Shuffle Turn, Heel Swtch R&L&R, Heel Twist Out In

1 - 2      Walk round to left stepping left, right with 12 o'clock wall on your right  
3&4      Shuffle round a quarter turn to face 6 o'clock stepping left, right, left  
5&6      Touch right heel forward, step right in place, touch left heel forward  
&7      Step left in place, place ball of right foot forward  
&8      Twist both heels right then centre finishing with weight on left (6 o'clock)

## S5: Step Back Sweep x2, Coaster Step Full Turn Fwd (or walk fwd x2)

1 - 2      Step back right, sweep left leg anti clockwise  
3 - 4      Step back left, sweep right leg clockwise  
5&6      Step back right, step back left, step forward right  
7 - 8      Make ½ turn right stepping back left, make ½ turn right stepping forward right – or walk fwd left, right

## S6: ½ Pivot Turn ¼ Shuffle Turn Back, Right Rock Back Recover, Walk, Walk,

1 - 2      Step forward left, make ½ pivot turn right onto right  
3&4      Make ½ turn right shuffling back left right left  
5 - 6      Rock back right, recover weight onto left  
7 - 8      Walk forward right then left

\*\*\*\* RESTART: HERE DURING WALL 2 FACING 12 O'CLOCK \*\*\*\*

\*\*\*\* Step fwd right on the & count and start the dance again

**S7: Hitch & Cross. Side Rock Recover Cross Shuffle ¼ Turn Step Side**

- 1&2 Hitch right knee across, step down right, cross left over right
- 3 - 4 Rock right to right side, recover onto left
- 5&6 Cross right over left, step left to left side, cross right over left
- 7 - 8 Make ¼ turn right stepping back left, step right to right side (9 o'clock)

**S8: Hitch & Cross. Side Rock Recover Cross Shuffle Rock ¼ Turn**

- 1&2 Hitch left knee across, step down left, cross right over left
- 3 - 4 Rock left to left side, recover onto right
- 5&6 Cross left over right, step right to right side, cross left over right
- 7 - 8 Rock right to right side, make ¼ turn left recovering weight fwd onto left
- & Step forward right

**Last Update - 26th Oct 2016**

---