

You Got Me Thinking

COPPERKNOB
STEPSHEETS

拍數: 32 牆數: 1 級數: High Beginner
編舞者: Cindy Hady (USA) - November 2016
音樂: Freedom - Racoon : (CD: Liverpool Rain)



#16 count intro - Start weight on L

Choreographer's note: This dance can be a floor split to Freedom by Darren Bailey & Raymond Sarlemijn. I choreographed this one-wall dance to introduce syncopations and Restarts to my dancers who are transitioning to high beginner/improver levels. Because they enjoy the dance so much, I decided to publish it. Thank you, Lakeview Center Dancers, for inspiring me!

Side, together, side-close-side-touch; side, together, side-close-side-touch

1-2 Step R to side, step L next to R
3&4& Step R to side, step L next to R, step R to side, touch L next to R
5-6 Step L to side, step R next to L
7&8& Step L to side, step R next to L, step L to side, touch R next to L

Forward rock, recover, coaster step; forward rock, recover, coaster step

1-2 Rock forward R, recover L
3&4 Step back R, step L next to R, step forward R
5-6 Rock forward L, recover R
7&8 Step back L, step R next to L, step forward L **RESTART

Side-touch-side-touch-back-touch-step; rocking chair

1& Step R to side, touch L next to R
2& Step L to side, touch R next to L
3&4 Step back R, touch L next to R, step forward L
5-8 Rock forward R, recover L, rock back R, recover L

Diagonal forward triples to right, left; diagonal back triples to right, left

1&2 Step R forward to right diagonal, step L next to R, step R forward to right diagonal
3&4 Step L forward to left diagonal, step R next to L, step L forward to left diagonal
5&6 Step R back to right diagonal, step L next to R, step R back to right diagonal
7&8 Step L back to left diagonal, step R next to L, step L back to left diagonal

****RESTART during the 3rd and 6th repetitions after 16 counts**

Dance on!

****OPTION- To make this a 4 wall dance, simply turn the last set of triples a ¼ turning left.**

7&8 Step L ¼ turn, step R next to L, step L to side 9:00

Note: Wall 2 will begin at 9:00

****RESTARTS- (4 wall option) occur on Wall 3, facing 6:00 & Wall 6, facing 12:00**

Contact: chadydancer@gmail.com

Last Update - 13th Nov 2016