

Glory Days

COPPER KNOB
BY SEBASTIAAN

拍數: 32 牆數: 2 級數: Easy Improver - Rolling 8-count
編舞者: Sebastiaan Holtland (NL) - November 2016
音樂: F.U. - Little Mix : (CD: Glory Days, DeLuxe concert film edition 2016 - iTunes & other mp3 sites)



Introduction: Start on approx 03 sec.

Part I. [1-8] Back, ½ Turn L, Step, Hitch with ¼ Turn L, Runs Fwd R, L, R, L, Recover, Sweep L, Recover, Sweep R, Sailor Step R, Weave R.

- 1-2 Step R back, Making ½ turn L (6) step L forward, Continue a ¼ turn L (3) over L and hitch R knee Up.
- 3&a4 Stepping R forward, Stepping L forward, Stepping R forward, Stepping L forward.
- 5-6 Recover back onto R and sweep L from front to back, Recover back onto L and sweep R from front to back.
- 7&8&a Step R behind L, Step L to L, Step R to the R, Step L behind R, Step R to R, Step L across R.

Part II. [9-16] Sways R, L, Half Diamond R, Side, Together, Step with 1/8 Turn R, Fwd Rock / Recover, ½ Turn L, Step, Small Side Step with ¼ Turn L, Recover.

- 1-2 Sway R hip to R, Sway L hip to L.
- 3&a4 Step R across L, Making 1/8 turn (4.30) step L to L, Step R back, Step L back.
- 5&a Making 1/8 turn R (6) step R to R, Step L beside R, Step R forward.
- 6-7 Step L forward, Recover back onto R.
- 8&a Making ½ turn L (12) step L forward, Continue a ¼ turn L (9) over L and step L slightly to L, Recover back onto L.

Part III. [17-24] Step, Pushing Hips Fwd, Replace, ¼ Turn L, Step, Pushing Hips Fwd, Replace, Step, Point, Back, ¼ Turn R, Side, Step with Hitch R.

- 1-2 Step R slightly diagonal forward and pushing hips forward, Pushing hips forward weight onto R.
- 3-4 Making ¼ turn L (6) step L slightly diagonal forward and pushing hips forward, Pushing hips forward weight onto L.

(NB: 1st Restart here in wall 3 after 20 counts, after start again (6 o'clock).

(NB: 2nd Restart here in wall 6 after 20 counts, after start again (12 o'clock).

- 5-6 Step R forward, Point L out to L.
- 7&8 Step L back, Making ¼ turn R (9) step R to R, Step L forward and hith R knee up.

Part IV. [25-32] Side, Sailor Step, Sailor Turn L, Step, ½ Pivot Turn L, Step, Step, Back, ½ Triple Turn L.

- 1-2&a Step R to R, Step L behind R, Step R to R, Step L to L.
- 3&a4 Step R behind L, Making ¼ turn L (6) step L to L, Step R forward, Step L forward.
- 5&a6 Step R forward, Making ½ turn L (12) over L, Step R forward, Step L forward.
- 7 Step R back.
- 8&a Making ½ turn L (6) step L forward, Step R beside L, Step L slightly to L (½ triple turn L).

REPEAT DANCE AND HAVE FUN!!

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