

Remember The Days

COPPER KNOB
BY SHEETS

拍數: 32 牆數: 4 級數: Beginner / Improver
編舞者: Niels Poulsen (DK) - March 2017
音樂: High - Lighthouse Family : (iTunes)



Intro: 8 counts from when the beat kicks in (app. 39 secs. into track). Start with weight on L foot

NOTE: NO TAGS – NO RESTARTS! □

[1 – 8] □ R rock step fwd, R back lock step, L back rock, ¼ R chasse L

- 1 – 2 Rock R fwd (1), recover back on L (2) □12:00
- 3&4 Step back on R (3), lock L in front of R (&), step back on R (4) □12:00
- 5 – 6 Rock back on L (5), recover fwd onto R (6) □12:00
- 7&8 Turn ¼ R stepping L to L side (7), step R next to L (&), step L to L side (8) □3:00

[9 – 16] □ R back rock, R kick ball cross, R step slide, ball cross, side L

- 1 – 2 Rock back on R (1), recover fwd onto L (2) (body opens up naturally to R diagonal) □3:00
- 3&4 Kick R fwd (3), step R next to L (&), cross L slightly over R (4) □3:00
- 5 – 6 Step R a big step to R side (5), slide L towards R (6) □3:00
- &7 – 8 Step L behind R (&), cross R over L (7), step L to L side (8) □3:00

[17 – 24] □ Modified figure 8 vine, chasse ¼ R

- 1 – 2 Cross R behind L (1), turn ¼ L stepping L forward (2) □12:00
- 3 – 4 Step R fwd (3), turn ½ L stepping onto L (4) □6:00
- 5 – 6 Turn ¼ L stepping R to R side (5), cross L behind R (6) □3:00
- 7&8 Step R to R side (7), step L next to R (&), turn ¼ R stepping R fwd (8) □6:00

[25 – 32] □ L rock step fwd, ¼ L chasse, R jazz box, fwd L

- 1 – 2 Rock fwd on L (1), recover back on R (2) □6:00
- 3&4 Turn ¼ L stepping L to L side (3), step R next to R (&), step L to L side (4) □3:00
- 5 – 8 Cross R over L (5), step back on L (6), step R to R side (7), step fwd on L (8) □3:00

Start again

Ending □ Wall 13 is your last wall (starts at 12:00). Finish the whole dance (now facing 3:00).
Turn ¼ L stepping R to R side and you're now facing 12:00 again -12:00

Contact: nielsbp@gmail.com