

# Whiter Shade of Pale

COPPER KNOB  
STEPSHEETS

拍數: 32      牆數: 2      級數: Intermediate  
編舞者: Judy Rodgers (USA) - April 2017  
音樂: A Whiter Shade Of Pale - Procol Harum



## #32 count intro - (NO Tags Or Restarts)

### Step, sailor turn 1/4 L, step turn 1/2 R step back, back, back rocking chair

1                    Step R big step right  
2&3                Turning 1/4 left step L behind R, step R to side, step L fwd - 9:00  
4-6                Step R fwd, turn 1/2 right step L back, step R back - 3:00  
7&8&              Rock L back, recover R, rock L fwd, recover R

### Turn 1/2 L step fwd, side rock cross, turn 1/4 R, step side, cross & cross/rock, recover

1                    Turn 1/2 left step L fwd □□□ □□9:00  
2&3                Rock R to side, recover L, cross R over L  
4-5                Turn 1/4 right step L back, step R to right side - 12:00  
6&7                Cross L over R, step R to right side, cross/rock L over R  
8                    Recover R

### Side rock recover, side behind turn 1/4 R, step, turn 1/2 L turn 1/2 L, rock recover turn 1/4 R

1-2&              Step L to left side, rock R behind L, recover L  
3-4&              Step R to right side, rock L behind R, turn 1/4 right step R fwd - 3:00  
5                    Step L fwd  
6-7                Turn 1/2 left step R back, turn 1/2 left step L fwd (or walk, walk)  
(\*\* Harder option 6-7: Step R fwd, full spiral turn left on ball of R, step L fwd) □  
8&1                Rock R fwd, recover, turn 1/4 right step R to right side - 6:00

### Sailor turn 3/8 L sweep R, cross side behind (turning 1/8 L) sweep L, sailor turn 3/8 L, turn 1/8 L walk walk (this set should flow in a full circle moving left)

2&3                Step L behind R, turn 3/8 left step R to right side, step L fwd, sweep R over L - 1:30  
4&5                Cross/step R over L, step L to left side, step R behind L, sweep L from front - 11:00  
(Styling.....steps 4&5 should turn to the left, keeping the flow in the circle) □  
6&7                Turn 3/8 left step L behind R, step R to side, step L fwd - 7:30  
8&                Turn 1/8 left walk R, L□ - 6:00

Contact: [jrdancing@bellsouth.net](mailto:jrdancing@bellsouth.net)