

Don't Waste Another Day

COPPERKNOB
BY STEPHEN

拍數: 40 牆數: 4 級數: Intermediate NC2S
編舞者: Hayley Wheatley (UK) & Jef Camps (BEL) - April 2017
音樂: More - Tyrone Wells : (Album: Remain - iTunes)



Intro: 16 counts

S1: STEP FWD, CHASE ½ TURN, FULL SPIRAL TURN, STEP, ROCK FWD/RECOVER, RUNS BACK INTO COASTER

1 RF step forward
2&3 LF step forward, make ½ turn R putting weight on RF, LF step forward
4-5 RF step forward and make a full spiral turn L, LF step forward
6& RF rock forward, recover on LF
7&8& RF small step back, LF small step back, RF step back, LF close next to

S2: PRISSY WALKS, STEP, ¼ PIVOT, CROSS, SIDE, TOUCH BEHIND, REVERSE ½ PIVOT, SWEEP, CROSS, SCISSOR STEP

1-2 RF step forward (slightly across LF), LF step forward (slightly across RF)
3&4 RF step forward, make ¼ turn L putting weight on LF, RF cross over LF
&5 LF step side, RF touch behind LF
6-7 Make ½ turn R putting weight on RF & sweep LF forward, LF cross over RF
8&1 RF step side, LF close next to RF, RF cross over LF

S3: ¾ TURN, TOUCH SIDE, ½ MONTERY TURN, OUT-OUT, SWAYS, JAZZ BOX INTO PRESS

2&3 ¼ turn R & LF step back back, ½ turn R & RF step forward, LF touch side
4& ½ turn L & close LF next to RF, RF step out
5-6 LF step side and push hips L, push hips R and transfer weight to RF
7&8& LF cross over RF, RF step back, LF step side, RF press crossed over LF

S4: RECOVER/SWEEP BWD, ROCK BACK/RECOVER, STEP, ¾ PIVOT TURN, SWAYS, CROSS, ½ HINGE TURN

1 Recover on LF while sweeping RF backwards
2-3 RF rock back while popping L knee up (u can lean/sit back for styling), recover on LF
4& RF step forward, make ¾ turn L putting weight on LF
5-6 RF step side and sway hips R, push hips L and transfer weight to LF
7&8& RF cross over LF, ¼ turn R & LF step back, ¼ turn R & RF step side, LF cross over RF

S5: NC BASIC, ¼ DIAMOND PATTERN, ¼ TURN FWD, CHASE ½ TURN, FULL TURN TRAVELLING FWD

1-2& RF big step side, LF close next to RF, RF step slightly across LF
3-4& LF big step side, 1/8 turn R & RF step back, LF step back
5 3/8 turn R & RF step forward
6&7 LF step forward, make ½ turn R putting weight on RF, LF step forward
8& ½ turn L & RF step back, ½ turn L & LF step forward

Start over & have fun!

Restart: in wall 3 you'll dance up to counts 8& (1st section) and will restart dancing to 12:00

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