

Unsteady

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Larry Schmidt (USA) - September 2017
音樂: Unsteady - X Ambassadors



INTRODUCTION: Start immediately on 1st beat of music.

Description of 1st 32 cts. of intro. given for every ½ beat.

Last 8 cts of intro. are slow- step on the heavy beats.

Wt. on Right. No Tags or Restarts

i[1-8] TRIPLE FORWARD, ¼ SWEEP, CROSS, SIDE, BEHIND, SWEEP, BEHIND, SIDE, CROSS, HOLD, SIDE ROCK, ¼ PIVOT, STEP, HOLD

1&2& Triple forward L-R-L, Sweep right toes left making ¼ turn, (9:00)
3&4& Step right across left, Step left foot left, Step right behind left, Sweep left toes behind right,
5&6& Step left behind right, Step right foot right, Step left across right, Hold,
7&8& Rock right onto right, Recover weight to left making ¼ turn left, Step right forward, Hold.(6:00)

i[9-16] TRIPLE FORWARD, HOLD, ROCK, RECOVER, ½ TURN, HOLD, FULL TURN TRIPLE, HOLD, ROCK, RECOVER, SIDE

1&2& Triple forward L-R-L, Hold,
3&4& Rock forward onto right, Recover weight to left, Turn ½ right onto right, Hold, (12:00)
5&6& Triple forward making a full right turn L-R-L, Hold (12:00)
7&8 Rock forward onto right, Recover weight to left, Step right foot right.

i[17-32] REPEAT COUNTS 1-16 adding a final & count

Dance thru count 15& (Rock forward onto right, Recover weight to left) then do:

8& Step right foot right (16), Hold (&)

i[33-40] CROSS, POINT, CROSS, POINT, POINT, POINT, POINT, STEP

1, 2 Step left across right, Point right toes to right diagonal,
3, 4 Step right across left, Point left toes to left diagonal,
5, 6 Point left toes across right, Step left foot left,
7, 8 Point right toes across left, Step right foot right.

(The music changes for these 8 counts. It's much slower. The steps and points occur on the heavy beats of the music)

MAIN DANCE (Wt. on right)

[1-8] ROCK, RECOVER, SYNCOPATED WEAVE LEFT, ROCK, RECOVER, SYNCOPATED WEAVE RIGHT w/ ¼ TURN

1, 2 Rock forward onto left foot, Recover weight to right,
&3&4& Step left foot left, Step right across left, Step left foot left, Step right behind left, Step left foot left,
5, 6 Rock right foot across left, Recover weight to left,
&7&8& Step right foot right, Step left across right, Step right foot right, Step left behind right, Turn ¼ right stepping forward onto right. (3:00)

[9-16] STEP, ½ PIVOT, PADDLE ½ TURN, BACK, CROSS, BACK, CROSS, BACK, BACK, CROSS, BACK, TOUCH

1, 2 Step left foot forward, Pivot ½ right onto right, (9:00)
3&4& Rock left onto left, Recover weight to right while making ¼ turn right, Turn ¼ right stepping back onto left, Step right foot back. (3:00)

(For counts 3&4 can substitute a ½ turning triple)

5&6& Step left across right, Step right foot back, Step left across right, Step right foot back,
7&8& Step left foot back, Step right across left, Step left foot back, Touch right toes next to left.

[17-24] STEP, TOUCH w/ ¼ TURN, STEP w/ ¼ TURN, ½ TURN, ½ TURN, STEP, STEP, ¼ TURN, ¼ TURN, SIDE, BEHIND SIDE, CROSS

- 1, 2 Step right foot forward, Turn ¼ right touching left toes left, (prepping for left turn) (6:00)
3&4& Turn ¼ left onto left, Turn ½ left stepping back onto right, Turn ½ left stepping forward onto left, Step right foot forward, (3:00)
5&6& Step left foot across right toward right diagonal, turn ¼ left stepping back onto right, Turn ¼ left stepping forward onto left, Step right foot right,(9:00)
(For counts 5&6&, don't make this a tight circle, think of going around about a 4 foot circle)
7&8 Step left behind right, Step right foot right, Step left foot across right.

[25-32] SIDE ROCK, ¼ PIVOT, STEP, ¼ PIVOT, CROSS, SIDE, CROSS, SIDE, ROCK, RECOVER, SIDE, ROCK, RECOVER, SIDE, SWAY LEFT, SWAY RIGHT

- 1&2& Rock right onto right, Turn ¼ left onto left, Step right foot forward, Pivot ¼ left onto left, (3:00)
3&4& Step right across left, Step left foot left, Step right across left, Step left foot left,
5&6&7 Rock right behind left, Recover weight to left, Step right foot right, Rock left behind right, Recover weight to right,
&8 Step left foot left swaying hips left, Sway right hips right.

ENDING: The last repetition of the dance starts facing 12:00. Dance thru count 15, you will now be facing 3:00.

On count 16 turn to face 12:00 taking a long step left.

ENJOY !

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