

As The First Time

COPPERKNOB
BY SHEPHERD

拍數: 40 牆數: 2 級數: High Intermediate
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音樂: First Time - Kacy Hill : (Album: Like a Woman - iTunes & other mp3 sites)



Introduction: Start on approx 08 sec.

Part 1. [1-8] Side, Weave R with Sweep R, Cross, Back with ¼ Turn R, Step Sweep L with ½ R, Cross Sailor L with 1/8 Turn L, Cross Sailor R with 3/8 Turn R.

- 1,2& Step R to R (1), Step L behind R (2), Step R to R (&).
3 Cross L over R and sweep R from back to front (3).
4&5 Step R across L (4), Make ¼ turn R (3.00) step L back (&), Continue a ½ turn R (9.00) step R forward and sweep L from back to front (5).
6&7 Step L across R (6), Making 1/8 turn L (7.30) step R to R (&), Step L to L (7).
&8& Step R across L (&), Making 3/8 turn L (12.00) step L to L (8), Step R to R (&).

PART 2. [9-17] Step with 1/8 turn R, Runs Back R, L, Back Sweep L with ¼ Turn L, Behind, Side, Syncopated Locks Fwd Slow L, ½ Pivot Turn L, Step with 1/8 Turn R.

- 1 Make 1/8 turn R (1.30) step L across forward (1).
2&3 On diagonal: Stepping R back (2), Stepping L back (&), Step R back and make ¼ turn L (10.30) and sweep L from front to back (3).
4& On diagonal: Step L behind R (4), Step R to R (&).
5&6&7 On diagonal: Step L forward (5), Lock R behind L (&), Step L forward (6), Lock R behind, Step L forward (&).
8&1 On diagonal: Step R forward (8), Pivot ½ turn L (4.30) over L (&) take weight onto L, Make 1/8 R (6.00) step R forward (1).

(NB: Tag here in wall 2 after 17 counts, after start again facing 12 o'clock) / (TAG: 1,2&3,4 Step L to L, Hold, 2x Chest Pumps fwd, Step L beside R).

PART 3. [18-24] Side Rock & Step with ¼ Turn R, Runs Fwd, Side with 1/8 Turn L, Steps Back L, R, Big Side Step L with Body Sway 1/8 Turn L, Together.

- 2&3 Step L to L (2), Make ¼ turn R (9.00) recover back onto R (&), Step L forward (3).
4&5 Stepping R forward (4), Stepping L forward (&), Make 1/8 turn L (7.30) step R big to R with small drag L (5).
6&7 On diagonal: Stepping L back (6), Stepping R back (&), Make 1/8 turn L (6.00) step L big to L with small drag R and sway your body up (7).
8 Step R beside L take weight on R (8).

PART 4. [25-32] Step, Toe Tap Behind, Replace, Sweep, Behind, Side, Out, Arm Movements, Arm Movement with Knee Rise R, Basic Nightclub R.

- 1&2 Step L forward (1), Tap R toe behind L (&), Step R back in place and sweep L from front to back (2).
3&4 Step L behind R (3), Step R to R (&), Step L out to L (4).
5& (Put R hand up to front with spread fingers) (5), (Put L hand up to front with spread fingers) (&).
6 (Bring fingers of both hands together and bring L hand to L and bring R hand to R (palms down) pull both hands down and lift R knee up.
7,8& Step R to R drag L (7), Step L beside R (8), Step R across L (&).

(NB: 1st and 2nd Restart here in WALL 3/5 after 32 counts (Step R to R drag L, Step L beside R), after start again facing 6 o'clock).

PART 5. [33-40] ¼ Turn R, Continue a ¼ Turn R, Side, Cross, Side Rock / Recover with ¼ Turn L, Step with Sweep L, Fwd Rock / Recover, Big Step L with ¼ Turn L, Touch.

- 1,2& Make ¼ R step L back and continue ¼ turn R (12) (holding weight onto L) (1), Step R to R (2), Step L across R (&).
- 3,4 Step R to R (3), Make ¼ turn L (9.00) recover back on L (4).
- 5,6& Step R forward sweep L from back to front (5), Step L forward (6), Recover back on R (&).
- 7,8 Make ¼ turn L (6.00) step L big to L (7), Touch R beside L (8).

REPEAT DANCE AND HAVE FUN!!

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