

Patience

COPPER KNOB
BY STEPHENETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Magali CHABRET (FR) - October 2017
音樂: Patience - Shawn Mendes : (CD: Illuminate, 20)



#16 counts intro

S1 : WALK, WALK, ANCHOR STEP, COASTER STEP, PIVOT ¼ TURN L

1-2 Step RF forward – step LF forward
3&4 Step RF behind LF (3rd position) – step LF in place – step RF slightly back
5&6 Step back on ball of LF – step RF next to LF – step LF forward
7-8 Step RF forward – pivot turn ¼ left (weight on L) (9:00)

S2 : SAILOR SHUFFLE, SIDE, TOUCH, L ROLLING VINE with CHASSE

1&2 Cross RF over LF – step LF to side – touch right heel forward
&3 Step RF behind LF – cross LF over RF
4& Step RF to side – touch LF next to RF
5-6 Turn 1/4 left stepping LF forward (6:00) – turn 1/2 left stepping back on RF (12:00)
7&8 Turn 1/4 left stepping LF to side – step RF beside LF – step LF to side (9:00)

* Restarts Here *

S3 : R SAILOR STEP, BEHIND SIDE CROSS, R DOROTHY STEP, DIAGONAL LOCK STEP FWD

1&2 Cross RF behind LF – step LF to side – step RF to side
3&4 Step LF behind RF – step RF to side – cross LF over RF
5-6& Step RF diagonally right forward – lock LF behind RF – step RF to side
7&8 Step LF diagonally left forward – lock RF behind LF – step LF diagonally left forward

S4 : STEP, TOUCH, BACK, FULL TURN R, BACK ROCK, KICK BALL STEP

1&2 Step RF forward – touch LF behind RF – step LF back
3-4 Turn 1/2 right stepping RF forward – turn 1/2 right stepping back on LF (9:00)
5-6 Rock back on RF – recover onto LF
7&8 Kick RF forward – step ball of RF next to LF – step LF forward

Restarts: during wall 2 and wall 5 : dance 16 counts then Restart from the beginning.

Restart wall 2 facing 6:00, Restart wall 5 facing 9:00

« Croquez la vie à pleines danses ! » Magali Chabret - galicountry76@yahoo.fr - www.galichabret.com

Fiche originale de la chorégraphe. Merci de ne pas modifier ces pas de quelque manière que ce soit.