

One Billion Rising

COPPER KNOB
BY SHEETS

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Rep Ghazali (SCO) - October 2017
音樂: Break the Chain - One Billion Rising



#16 count intro from heavy beat and start on the main vocal, Available on download from iTunes

[01-08] R SIDE STOMP-HOLD, L BEHIND-SIDE-CROSS, R SIDE-HOLD, L SAILOR

1-2 stomp Right to Right side, hold
3&4 step Left behind Right, step Right to Right side, cross Left over Right
5-6 stomp Right to Right side, hold
7&8 step Left behind Right, step Right to Right side, step Left to Left side (10.30)

[09-16] R CROSS STOMP-HOLD, R BALL CROSS X2, SIDE ROCK-RECOVER, L CROSS SHUFFLE

1-2 cross stomp Right over Left, hold
&3&4 step Left to Left side, cross Right over Left, step Left to Left side, cross Right over Left (10.30)
5-6 side rock Left on Left, recover on Right squaring to front wall (12)
7&8 cross Left over Right, step Right to Right side, cross Left over Right (12)

Restart: 6th wall Restart facing back wall

[17-24] R BACK TOE STRUT, L ¼ CHASSE, R FWD TOE STRUT, TRIPLE ½ TURN

1-2 touch Right toe back, drop Right heel on the floor
3&4 step Left to Left side, step Right together, ¼ turn Left by stepping forward Left (9)
5-6 touch Right toe forward, drop Right heel on the floor
7&8 ¼ turn Right by step Left to Left, step Right beside Left, ¼ turn Right step back Left (3)

[25-32] R BACK-L BACK, R COASTER, L FWD-REVERSED ½ TURN, L COASTER

1-2 step back Right, step back Left
3&4 step back Right, step Left together, step forward Right
5-6 step forward Left, ½ turn Left by stepping back Right (9)
7&8 step back Left, step Right together, step forward Left

[33-40] R CROSS TOUCH-SIDE TOUCH. SIDE TOE SWITCHES, R CROSS TOUCH-SIDE TOUCH, & L TOUCH OUT-L FLICK BACK

1-2 touch Right across Left, touch Right to Right
&3&4 step Right together, touch Left to Left, step Left together, touch Right to Right
5-6 touch Right across Left, touch Right to Right
&7-8 step Right together, touch Left to Left side, flick Left behind Right (9)

[41-48] L ¼ TURN SHUFFLE BACK, R ROCK BACK, R POINT-CROSS, L POINT-CROSS

1&2 ¼ turn Right by stepping back Left, step Right together, step back Left (12)
3-4 rock back Right, recover on Left
5-8 point Right to Right, step Right over Left, point Left to Left, step Left over Right (12)

Restart: 7th wall – Restart facing back wall

[49-56] R ROCK FWD, & L ¼ TURN SIDE ROCK, L CROSS-R BACK, ¼ TURN-WALK-WALK

1-2 rock forward Right, recover on Left
&3-4 step Right together, ¼ turn Left rock Left to Left, recover on Right (9)
5-6 cross Left over Right, step back Right
&7-8 ¼ turn Left step forward Left, walk forward Right, walk forward Left (6)

Restart: 2nd wall – Restart facing front wall

[57-64] R FWD-REVERSE ½ TURN, & L ROCK BACK, L SHUFFLE FWD, R FWD-½ PIVOT

- 1-2 step forward Right, ½ turn Right by stepping back Left (12)
&3-4 step Right together, rock back Left, recover on Right
5&6 step forward Left, step Right together, step forward Left
7-8 step forward Right, ½ pivot turn Left (6)

Ending: 8th wall dance up to count 48 (facing back wall) then step forward Right, ½ pivot turn Left to face front wall. Slowly raise both arms up and slowly down again in circular motion (Right arm clockwise, Left arm anticlockwise) then raise Right arm up with Right index finger point up and hold until the music ends....
