

You Are, Unforgettable

COPPER **NOB**
BY STEPHEN

拍數: 64 牆數: 2 級數: Advanced
編舞者: Myra Harrold (SCO) - December 2017
音樂: Unforgettable (feat. Swae Lee) - French Montana : (Album: Now Thats What I
Call Music 97)



Start On The Heavy Beat

SECT:1- PRISSY WALKS R,L,R ROCKING CHAIR, 1/2 TURN R,3/4 TURN R, L CROSS

1,2,3&4& Cross Walks Forward Rf,Lf,Rf Rock Forward,Lf Recover,Rf Rock Back,Lf Recover (12)
&5&6,7&8 Rf Rock Forward,Lf Recover,Turn 1/2 R Stepping On Rf,1/2 Turn R Stepping Lf Back,1/4
Turn R Step Rf To R,Cross Lf Over Rf (3)

SECT:2- R SIDE ROCK,RECOVER,R CROSS SHUFFLE,BACK L,SIDE R,L CROSS,BACK R,SIDE L,R CROSS,

1,2,3&4 Rf Rock To R Side,Recover On Lf,Rf Cross Shuffle (3)
&5&6,7&8 Back Lf,Rf Diagonal Back To R,Lf Cross Over Rf,Back Rf,Lf Diagonal Back To L,Rf Cross
Over Lf

SECT:3- STEP L,ROCK R BEHIND L,TURN 1/4 L,STEP R,ROCK L BEHIND,TURN 1/4 L,STEP L,R ROCKING CHAIR

1,2&3,4& Big Step L,Drag Rf To Rock Behind Lf,Recover On Lf,Turn 1/4 L,Big Step R,Drag Lf To Rock
Behind Rf, Recover On Rf, (12),
&5,6&7&8& Turn 1/4 L,Big Step L,Drag And Rock Rf Over Lf,Recover On Lf,Rf Rock Side R,Recover On
Lf,Rf Rock Over Lf,Recover On Lf (9)

SECT:4- TURN 1/4 R,R FORWARD,L KICK AND CROSS AND HEEL AND TOUCH AND HEEL AND CROSS AND UNWIND FULL TURN

1,2&3&4 Turn 1/4 R Stepping Rf Forward,Lf Kick Forward,Step On Lf,Rf Cross Over Lf,Step Lf Back
Diagonal L, Touch R Heel Forward Diagonal R (12)
&5&6&7,8 Step On Rf,Touch L Toe To R Heel,Step Back On Lf,Touch R Heel Forward,Step On Rf
Crossing Lf Over Rf,Unwind Full Turn R,Keep Weight On Lf (12)

SECT:5- R DOROTHY STEP,TOUCH HEEL TO SIDE, HOLD WITH 2 HIP BUMPS (HANDS). REPEAT THESE STEPS

1,2&3&4 Step Rf Forward Diagonal R,Step Lf Behind Rf,Step Rf Forward Diagonal R Touching L Heel
Forward Diagonal L,Hold With 2 Hip Bumps (Arms Are Straight Down ,Push Palms Of Hands
Down R,L During Hip Bumps)(12)
&5,6&7&8 Bringing Lf To Rf,Repeat Above Steps (12)

SECT:6- 1/4 L STEP L,R CROSS,1/4 R, BACK ON L,1/4 R,SIDE R,L CROSS,1/4 L BACK ON R,1/2 L,STEP FORWARD L,STEP FORWARD R,1/2 PIVOT L,STEP FORWARD L,STEP OUT,OUT THEN IN,IN

&1,2&3,4 Turn 1/4 L Step Lf To L, Cross Rf Over,Turn 1/4 R,Lf Back,Turn 1/4 R,Step Rf To R,Cross Lf
Over,Turn 1/4 L, Rf Back, (12)
&5,6&7&8 Turn 1/2 L Onto Lf,Forward Rf,Pivot 1/2 L,Forward Lf,Step Rf Out To R,Step Lf Out To
L,Bring Rf Back To Centre,Step Lf Beside Rf (12)

SECT:7- STEP R,ROCK TO L,RECOVER,STEP L BESIDE R,ROCK TO R,RECOVER,STEP R BESIDE L,STEP L FORWARD,FULL SPIRALTURN,INTO R,LOCK,R

&1,2&3,4 Step Rf Slightly R,Rock Lf Out To L Side,Recover On Rf,Step Lf Beside Rf,Rock Rf Out To R
Side,Recover On Lf (12)
&5,6,7&8 Step Rf Beside Lf Stepping Lf Forward,R Spiral Turn On The Spot,Forward Rf,Lock Lf
Behind,Forward Rf (12)

SECT:8- L LOCK,R FORWARD,L CROSS,1/8 L STEP BACK ON R,1/8 L STEP SIDE L,STEP R BEHIND,1/8 L STEP L FORWARD,1/8 L STEP TO R,L CROSS,R SIDE,L BEHIND,POINT R TOE TO R (SEMI-CIRCLE 1/2 TURN)

&1,2&3,4&5 Lf Lock Behind Rf,Rf Forward,Cross Lf Over Rf,Turn 1/8 L,Rf Step Back,Turn 1/8 L,Step Lf To L Side, Step Rf Behind Lf, Turn 1/8 L,Step Lf Forward,Turn 1/8 L,Step Rf To R Side (6)
6&7,8 Cross Lf Over Rf,Step Rf To R Side,Step Lf Behind Rf,Point R Toe To R Side (6)

TAG: 16 COUNTS ,DANCED 4 TIMES

1,2&3,4 ROCK FORWARD ON RF,RECOVER ON LF,STEP RF NEXT LF AND POINT L TOE BACK,TURN 1/2 L,PUT WEIGHT ON LF
5&6&7,8 RF KICK,STEP ON RF,POINT L TOE OUT TO L SIDE,STEP LF BESIDE RF,POINT R TOE TO R SIDE,MONTEREY 1/2 TURN R,PUT WEIGHT ON RF
1&2,3&4 LF CROSS ROCK OVER RF,RECOVER ON RF,STEP LF TO L SIDE,RF CROSS ROCK OVER LF,RECOVER ON LF,STEP RF TO R SIDE
5&6&7&8 LF CROSS ROCK OVER RF,RECOVER ON RF,TURN FULL CIRCLE L STEPPING LF,RF,LF,RF,LF (CHASE TURN)

SEQUENCE OF DANCE IS :-

WALL 1 64 COUNTS TAG

WALL 2 64 COUNTS TAG

WALL 3 48 COUNTS TAG RESTART AT 12 O CLOCK

WALL 4 64 COUNTS

WALL 5 32 COUNTS TAG RESTART AT 6 O CLOCK

WALL 6 16 COUNTS TURN 1/4 R,STEP TO L TO FINISH AT FRONT WALL

Contact: marthaharold@outlook.com
