

Follow My Footprints

COPPERKNOB
BY SHEETS

拍數: 48 牆數: 2 級數: High Intermediate NC2S
編舞者: Gary O'Reilly (IRE) - February 2018
音樂: Footprints - Molly Kate Kestner : (iTunes)



#8 count intro starting on the lyrics

Section 1: R Crossing/Fwd Rock, ½ R, L Fwd Rock, L Back, R Side 1/8, L Cross with R hitch, Step/Press Right, Rhonde Hitch R, R Behind, L Side

- 1 2 & Rock forward on right over left towards left diagonal [10:30] (1), recover on left (2), ½ turn right stepping forward on right (&) [4:30]
3 & Rock forward on left (3), recover on right (&)
4 & 5 Step back on left (4), 1/8 turn right stepping right to right side (&), cross left over right hitching right up around from back to front (5) [6:00]
6 7 Cross step/press right over left "stepping into the shoe" (6), recover on left ronde hitching right up and around from front to back (7)
8 & Cross right behind left (8), step left to left side (&)

Section 2: R Cross Rock, R Side, Weave: L Cross, R Side, L Behind, R Side, L Cross/Hitch ¼ L, Walk Forward RL, Full Turn L

- 1 2 & Cross rock right over left (1), recover onto left (2), step right to right side (&)
3&4& Cross left over right (3), step right to right side (&), cross left behind right (4), step right to right side (&)
5 Cross left over right while hitching right around from back to front making a ¼ turn left on ball of left (5) [3:00]
6 7 Walk forward on right (slightly crossed) (6), walk forward on left (slightly crossed) (7)
8 & ½ turn left stepping back on right (8), ½ turn left stepping forward on left (&) [3:00]

Section 3: R Side, Run-Run Back LR, ¼ L, Run Fwd R, Cross L, ¼ L, ¼ L Side, R Cross, Point L, L Behind, R Side

- 1 Step right to right side (1)
2 & 3 "Run" small step back on left (2), "run" small step back on right (&), ¼ turn left stepping left to left side (3) [12:00]
4 & 5 "Run" small step forward on right (4), step forward on left slightly crossing over right (&), ¼ turn left stepping slightly back on right (5) [9:00]
6 & 7 ¼ turn left stepping left to left side (6), cross right over left (&), point left to left side (7) [6:00]
8 & Cross left behind right (8), step right to right side (&)

Section 4: L Cross sweeping R, R Cross, ¼ R, R Back Rock, ½ L, L Back Rock, Full Turn R sweeping L, L Cross, R Side, L Behind sweeping R

- 1 2 & Cross left over right sweeping right around from back to front (1), cross right over left (2), ¼ turn right stepping back on left (&) [9:00]
3 4 & Rock back on right (3), recover on left (4), ½ turn left stepping back on right (&) [3:00]
5 6 Rock back on left (5), recover on right (6)
& 7 ½ turn right stepping back on left (&), ½ turn right stepping forward on right sweeping left around from back to front (7) [3:00]
8 & 1 Cross left over right (8), step right to right side (&), cross left behind right sweeping right around from front to back (1)

Section 5: R Behind, L Side, R Cross, L Scissor Cross, R Side, L Behind, R Side, L Cross Rock

- 2 & 3 Cross right behind left (2), step left to left side (&), cross right over left (3) **** Restart/Step Change during wall 5 facing [12:00]
& 4 & Step/Rock left to left side (&), recover stepping right next to left (4), cross left over right (&)

- 5 Step right long step to right side (5)
- 6 & Cross left behind right (6), step right to right side (&)
- 7 8 & Cross rock left over right opening body to right diagonal [4:30] (7), recover on right (8), step left slightly to left side (&) [3:00]

***** Restart during WALL 4 facing [12:00]**

Section 6: Walk R, Run-Run LR, Walk L Run-Run RL [making ¼ turn L], R Cross Rock & L Cross Rock &

- 1 1/8 turn over left walking forward on right toward diagonal (1) [1:30]
- 2 & 1/8 turn over left "run" forward on left [12:00] (2), 1/8 turn over left "run" forward on right (&) [10:30]
- 3 1/8 turn over left walking forward on left (3) [9:00]
- 4 & 1/8 turn over left "run" forward on Right [7:30] (4), 1/8 turn over left "run" forward on Left (&) [6:00] Note: counts "1-4&" creates a semi-circle

**** Restart during WALL 2 facing [12:00]**

- 5 6 &. Cross rock right over left (5), recover on left (6), step right slightly to right side opening body to right diagonal (&) [7:30]
- 7 8 & Cross rock left over right (5), recover on right (6), step left slightly to left side opening body to left diagonal (&) [4:30]

*** Tag at the end of WALL 1 [Back]**

Tag: Walk R, Walk L

- 1 2 Walk forward on right toward diagonal [4:30] (1), walk forward on left toward diagonal [4:30] (2)

Then RESTART from the beginning of the dance

**** Restart during WALL 2 facing [Front] dance up-to count "4&" of 'Section 6' and Restart the dance from the beginning.**

***** Restart during WALL 4 facing [Front] dance to the end of 'Section 5', you will be cross rocking left over right towards [10.30], continue through the cross rock/recover and replace weight onto left stepping next to right, ending Section 5 on the diagonal [10.30], restarting the dance here at the front.**

****** Restart/Step Change during WALL 5 facing [Front] dance up-to count "2" of section 5 and replace the next 2 counts with the following:**

R Behind, L Side, R Cross, L Scissor Cross, R Side, L Behind, R Side, L Cross Rock

- 2 & 3 Cross right behind left (2), ¼ turn left stepping slightly forward on left (&), touch right next to left (3) [12:00]
- 4 HOLD (4) and Restart the dance from the beginning.

ENDING, at the end of WALL 6 [Back] – REPEAT THE "TAG" TO FINISH THE DANCE facing [4:30] then, Step R Pivot 3/8 turn over left to finish at the [Front]

I hope you enjoy this beautiful piece of music & BIG THANK YOU to my friend Avril Burke for sending me the track x x x

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Last Update - 4th March 2018
