

Pull You Through - Easy

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 2 級數: Improver – Rolling 8 count
編舞者: Gitte Plöger (DK) - March 2018
音樂: Pull You Through - Maggie Rose



#8 Count Intro

*Restart during 6th repetition after 12 counts facing 12:00

[1 – 8] R Cross Rock / Recover & L Cross Rock / Recover, L side step, Step 1/2 turn Pivot L, Ball Step, Point R Toe to R side, Step R Next to L (change weight to R)

- 1 Cross R over L (1) (12:00)
- 2 a3 Recover on L (2) Step on Ball of R to R side (a) Cross L over R (3)
- 4 a5 Recover on R (4) Step on Ball of L to L side (a) Step R fwd (5)
- 6 a7 1/2 turn Pivot L (6) Step on Ball Of R next to L (a) Step L fwd (7)(6:00)
- 8a Point R toe to R side (8) Step on Ball of R next to L (a) (weight's on R)

[9 – 16] Toe & Heel & Heel & Toe, 1/4 R Monterey, L Cross Step, R side Rock/Recover with 2 Hipsways R, L, Step R next to L

- 1a Point L toe to L side (1) Step on Ball of L next to R (a)
- 2a Touch R heel fwd (2) step on Ball of R next to L (a)
- 3a Touch L heel fwd (3) step on Ball of L next to R (a)
- 4 - 5 Point R toe to R side (4) turning 1/4 R step R together (5) (9:00)
- 6 - 7 Cross step L over R (6) R side Rock whilst swaying R Hip to R side (7) (weight's on R)
- 8a Recover on L whilst swaying L Hip to L side (8) step on Ball of R next to L (a)(weight's on R)

[17 – 24] L Side Rock/ Recover, Step Together, R side Rock/ Recover, Step together, L Back Rock/ Recover, 1/2 turn R Back Rock/ Recover

- 1 Rock L to L side with Hipsway (1)
- 2 a3 Recover on R (2)step on Ball of L next to R(a) Rock R to R side with Hipsway (3)
- 4 a5 Recover on L (4) step on Ball of R next to L (a) L back rock (5)
- 6 a7 Recover on R (6) 1/2 turn R stepping L back (a) R back rock (7) (3:00)
- 8 Recover on L (3:00)

[25 – 32] Cross Point x 2 with Hipbumps L & R, Step, 1/2 turn Pivot L, Ball step, step 1/4 Pivot L, recover

- 1 - 2 R cross step over L (1) Point L toe to L side with L Hipbump (2)
- 3 - 4 L cross step over R (3) Point R toe to R side with R Hipbump (4)
- 5 - 6 Step R fwd (5) 1/2 turn Pivot L (6) (9:00)
- a7 Step on Ball of R next to L (a) step L fwd (7)
- a8 Step 1/4 turn pivot L (a) recover on L (8) (6:00)

Start Again and have a jolly Good Time !

Ending: Just keep dancing, even though the music slows down slightly at the end.
You'll automatically face the front wall to 12:00

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