

Mirror On The Ceiling

COPPER KNOB
BY STEPHEN HETS

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Kerry Maus (USA) - March 2018
音樂: A-YO - Lady Gaga : (Album: Joanne - Deluxe - iTunes - 3:28)



Intro: 16 counts

[1-8] OUT, CLAP(x2), OUT, CLAP, SAILOR STEP, BEHIND

1&2,3,4 1) Step R to right diagonal, &) clap, 2) clap w/ hands up to R side, 3) step L to left, 4) clap by L hip
5,6,7,8 5) Step R behind L, 6) step L to left, 7) step R to right, 8) step L to left

[9-16] ¼, HOLD, ½ PIVOT, PREP, ½ TURN, ¼ TURN, CROSS

1,2 1) Turn ¼ right stepping R forward, 2) hold [3:00]
3,4 3) Step L forward, 4) turn ½ right taking weight forward on R [9:00]
5,6 5) Step L forward, 6) turn ½ left stepping R back
7,8 7) turn ¼ left stepping L to left, 8) cross R over L [12:00]

[17-24] SIDE, SWEEP, CROSS, BACK, SIDE, SWEEP, CROSS, BACK

1,2,3,4 1) Step L to left, 2) slow sweep R in front of L, 3) cross R over L, 4) step L back
5,6,7,8 5) Step R to right and slightly back, 6) slow sweep L in front of R, 7) cross L over R, 8) step R back

[25-32] SIDE, SWEEP, ROCK, RECOVER, ROCK RECOVER, ¼, CROSS

1,2,3,4 1) Step L to left, 2) slow sweep R in front of L, 3) rock R forward, 4) recover L
5,6,7,8 5) Rock R forward, 6) step L back, 7) step R to right, turning ¼ right, 8) cross L over R [3:00]

* Tag here on wall 2.

[33-40] SIDE, SHIMMY(x2), TOUCH IN, OUT, HEEL SWIVEL (x2)

1,2&3 1) Step R to right, 2) hold, &) R shoulder forward, 3) R shoulder back
&4 &) R shoulder forward, 4) R shoulder back (allow L shoulder to naturally move back & fwd)
5,6&7 5) Touch L toe beside R, 6) press L toe to L, &) swivel L heel out, 7) swivel L heel in
&8 &) Swivel L heel out, 7) swivel L heel in

(easy option: swivel heel one time, for counts 7,8)

[41-48] SIDE, SHIMMY(x2), TOUCH IN, OUT, HEEL SWIVEL (x2)

1,2&3 1) Step L to left, 2) hold, &) L shoulder forward, 3) L shoulder back
&4 &) L shoulder forward, 4) L shoulder back (allow R shoulder to naturally move back & fwd)
5,6&7 5) Touch R toe beside L, 6) press R toe to R, &) swivel R heel out, 7) swivel R heel in
&8 &) Swivel R heel out, 7) swivel R heel in

(easy option: swivel heel one time, for counts 7,8)

[49-56] CROSS, BACK, SIDE, CROSS HEEL GRIND ¼, BACK, BACK ROCK, RECOVER

1,2,3,4 1) Cross R over L, 2) step L back, 3) step R to right, 4) L heel grind turn ¼ left [12:00]
5,6,7,8 5) Step R back, 6) step L back, 7) rock R back, 8) recover L forward

[57-64] ½ TRIPLE, ½ TRIPLE, ½ PIVOT, ¼ PIVOT

1&2 1) Turn ¼ left stepping R to right, &) step L beside R, 2) turn ¼ left stepping R back [6:00]
3&4 3) Turn ¼ left, stepping L to left, &) step R beside L, 4) turn ¼ left stepping L forward [12:00]
5,6 5) Step R forward, 6) turn ½ left taking weight forward on L
7,8 7) Step R forward, 8) turn ¼ left taking weight on L [3:00]

The Tag happens during wall 2 after 32 counts [3:00]

TAG: STEP IN PLACE, TOUCH BESIDE, STEP IN PLACE, TOUCH BESIDE, (x4) ARMS/BODY:

Start bent at waist, R arm out to R side, L arm bent across body. Switch to L arm out to L side, R arm bent across body. Raise arms and body slowing up, alternating bent arm/straight arm with each step, Until you are fully standing upright with arms above head.

1&2& 1) Step R foot in place/ R arm out to R side, L arm bent across body, &) touch L toe beside
 R, 2) step L foot in place/ L arm out to L side, R arm bent across body, &) touch R toe beside
 L

(raise arms & body slightly) [REPEAT FOR COUNTS 3&4&; 5&6&; 7&8&]

Have fun and DANCE HAPPY
