

When the Dam Breaks

COPPERKNOB
STEPSHEETS

拍數: 48 牆數: 4 級數: High Intermediate waltz
編舞者: Donna Manning (USA) - April 2018
音樂: Cry Pretty - Carrie Underwood



#12 count intro

S1. Full Turn Monterey W/ Ronde

- 1-2-3 Step R fwd, point L to L side (both arms out to sides with R side of upper body slightly back – torque)
4, 5-6 Starting from the head...bringing arms in to chest -turn $\frac{3}{4}$ L bringing L underneath center transferring weight to L but staying on the front of the foot (3:00), continuing another $\frac{1}{4}$ turn L on the ball of the L allow the R to sweep back to across the front of you (12:00)

S2. Cross, $\frac{1}{4}$ Turn, Step Back, Settle

- 1,2,3 Cross R over L, on the ball of the R $\frac{1}{4}$ turn R step back on L, step R back (3:00)

These next 3 counts will leave room for your feeling of the music

- 4, 5-6 Step L back(3:00) for 5-6 options I danced....

***Settle back into L hip and pause – use your L arm to continue flow of movement**

***If you allow your body to turn back to the front you can lunge on the L coming back up on 6 making sure you go back to 3:00**

RESTART HERE: Start wall 4 facing 9:00 after count 12 you'll be facing 12:00 perfect position to start over

S3. Step, Attitude (lift), Collect, $\frac{1}{2}$ Turn, Change Weight

- 1-2-3 Step R fwd, lift L extended leg (toes extended heel to inside line) – lower L to center (3:00)
4,5,6 Continuing the leg movement-take weight to ball of L slightly behind the body. Use the whole count to take weight and make a $\frac{1}{2}$ turn over the L shoulder (9:00), Close R to L and take weight, step step L slightly back

Sec. 4: Step, Ronde, Sailor Step

- 1, 2- 3 Step R back, sweeping L front to back for 2 counts
4, 5, 6 step L behind R, R to R side, replace weight to L opening up R hip (9:00)

Sec.5: Behind, $\frac{1}{4}$ Turn, Step, Spiral, Step, Touch

- 1, 2, 3 R behind L, $\frac{1}{4}$ turn L stepping L fwd, step R fwd
4-5, 6 full turn L spiral – letting L wrap close to R ankle (or float close to the floor), step out L fwd, touch R next to L as you bend both knees allowing body to lower (6:00)

S6. Step and Sway R, repeat L

- 1-2-3 Sway to R as you step R to R side (use arms as you are comfortable) – collect L next to R DON'T change weight
4-5-6 Sway to L as you step L to L side (use your arms) – you can collect R next to L to prepare for next section

S7. $\frac{1}{4}$ Turn R Balance, $\frac{1}{2}$ Turn R Balance

- 1-2,3 Step R to R side but on the ball of the R allow $\frac{1}{4}$ turn to R to happen DURING the count NOT turn then step, step down on L next to R (9:00), change weight to R
4-5,6 Step L back starting $\frac{1}{2}$ turn R on the ball of L- DURING $\frac{1}{2}$ turn – bring R to L changing weight to FINISH $\frac{1}{2}$ turn (3:00), step L fwd

S8. R fwd Balance, Step Back, $\frac{1}{2}$ Turn, $\frac{1}{2}$ Turn

- 1,2,3 Step R fwd, close L to R, change weight to R

4-5,6

Step L back at slight angle back L diagonal facilitate about $\frac{1}{4}$ turn R (6:00), continue turning R $\frac{1}{4}$ stepping R slightly fwd (9:00), NOW using the WHOLE 6th beat – step L fwd and on the ball of the L make $\frac{1}{2}$ turn R (9:00) let R leg trail behind you for styling

R2 - Last Update - 16th June 2018
