

Around Your Town

COPPER KNOB
STEP SHEETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Lisa McCammon (USA) - May 2018
音樂: The Long Way - Brett Eldredge : (CD: Brett Eldredge)



#16 count intro (alternate tracks below)
Counterclockwise rotation; start weight on L

Sequence: 32, 32, 16, 32, 32, 32, 8, 32, 32, 32. To avoid using tags, I let the dance go off phrase temporarily. It will resync at the second restart and end facing the front.

BACK, HOLD-BALL-TRIPLE FORWARD; STEP, TURN ½, TRIPLE ½

1-2 Step back R, HOLD
&3&4 Step L next to R, step forward R, close L, step forward R
5-6 Step forward L, turn right ½ [6] onto R
7&8 Turn right ¼ [9] stepping side L, close R, turn right ¼ [12] stepping back L

***RESTART 2

COASTER STEP, L SAMBA, R SAMBA, BACK SAMBA

1&2 Step back R, close L, step forward R
3a4 Step L forward and slightly across, rock R to side, recover L
5a6 Step R forward and slightly across, rock L to side, recover R
7a8 Step back L, rock R to side, recover L

***RESTART 1

R TOASTER STEP, KICK-&-POINT-HITCH-CROSS, BACK, BALL-CROSS-BALL-CROSS

1&2 Turn right ¼ [3] stepping back R, step L next to R, step forward R
3&4& Kick L forward, step L home, point R to side, small hitch R (prep cross step)
5-6 Cross R, step back L
&7&8 Step R to side, cross L, step R to side, cross L

NC BASIC R, SIDE, BEHIND-SIDE-FORWARD, ROCK-RECOVER-TURN ½, ROCK-RECOVER

1 Step R to side
2&3 Step L next to R (L instep to R heel), cross R, step L to side
4&5 Step R behind, step L to side, step forward R
6&7 Rock forward L, recover R, turn left ½ [9] stepping forward L
8& Rock forward R, recover L (momentum back)

***RESTART 1 after 16 counts during 3rd repetition at 6:00

***RESTART 2 after 8 counts during 7th repetition at 9:00 (listen for the slight pause in the lyrics)

Alternate tracks

Na Na Na by Pentatonix, 104 bpm

Mad Love by Sean Paul, 098 bpm (floor split for Watch The Tempo; restart after 16 counts during the second repetition facing [9], or just dance through)

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