

All Nightclub Long (L/P)

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 2 級數: Advanced Beginner (Line / Partner)
編舞者: Dick Rogers (USA) & Nancy Rogers (USA) - April 2018
音樂: Dance for Evermore - Si Cranstoun : (Album: Sweet Tooth, Big Daddy Wilson)
或: any slow to fast time music suitable for NCS



Step Sheet Prepared By: Dick & Nancy Rogers, updated May 2018.

NOTE: This dance can also be done as a NC2S partner dance. Simply modify the last four counts by doing an outside turn with a change of positions. The Lead will then always be in sync with the line dancers while the Follow will be doing standard Follow steps for partner NC2S. As a general note, the slower the music, the bigger the side steps. Conversely, shorten the steps for faster music. Side steps typically skim the floor on inside of foot.

BASIC BREAKS:

ROCK BACK LF, RECOVER RF, LF TO L, ROCK BACK RF, RECOVER LF, RF TO R

1-4 Rock back on LF (Q), recover on RF (Q), step LF to L (S)

5-8 Rock back on RF (Q), recover on LF (Q), step RF to R (S)

LEFT TURN:

SWAY L, SWAY R, SWIVEL ½ TURN L, RF TO R, CROSS LF OVER RF, RF TO R

1-4 Sway L (Q), sway R (Q), swivel ½ turn L on balls of both feet ending with weight on ball of LF (S)

5-8 Completing the ½ turn from 3-4 above step RF to R slightly behind track (Q), cross LF in front of RF (Q), step RF to R (S)

RIGHT TURN:

ROCK BACK LF, RECOVER RF, STEP FORWARD RF AND PIVOT ½ R, RF TO R, CROSS LF OVER RF, RF TO R

1-4 Rock back on LF (Q), recover on RF (Q), step forward LF and pivot quickly ½ turn R on ball of LF and end with RF toe still in place and pointing in front of you with just enough weight for balance (S)

5-8 Step RF to R but slightly behind track (Q), cross LF in front of RF (Q), step RF to R (S)

SPOT TURN R:

ROCK BACK LF, RECOVER RF, STEP AROUND, HOOK, PIVOT, TOGETHER

1-4 Rock back on LF (Q), recover on RF (Q), small step around on ball of LF (toe turned in) (S)

5-8 Hook R toe behind L heel with knees bent and push off toe to rotate ¾ turn R on ball of RF (Q), transfer weight to LF and continue rotation R to complete full turn (Q), slide RF to LF (S)

NEW YORKERS (CROSSOVER BREAKS):

ROCK BACK LF, RECOVER RF, SIDE L, TURN L AND ROCK FWD RF, RECOVER, TURN R AND SIDE R

1-4 Rock back on LF (Q), recover on RF (Q), step LF to L (S)

5-8 Snappy ¼ turn L and rock forward on RF (Q), recover on LF (Q), snappy ¼ turn R and step RF to R (S)

TURN R AND ROCK FWD LF, RECOVER RF, TURN L AND SIDE L, TURN L STEP FWD, TURN L, SLIDE TOGETHER

1-4 Snappy ¼ turn R and rock forward on LF (Q), recover on RF (Q), snappy ¼ turn L and step LF to L (S)

5-8 Snappy ¼ turn L and step forward on RF (Q), pivot ¼ L on ball of RF and transfer weight to LF (Q), slide RF to LF (S)

NOTE: As a partner dance, do an outside underarm turn with a change of positions on the last four counts.

REPEAT

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Last Update – 1st June 2018
