

Celtic Days

COPPER KNOB
BY SHEETS

拍數: 64 牆數: 2 級數: Phrased Intermediate (Reel / WCS)
編舞者: Mike Liadouze (FR) - May 2018
音樂: Lindsey Stirling – Those Days (96 BPM)



Introduction: 16 counts

Segmentation of counts 1e&a2 (a2e& ou a6e& = violin of part B)

Sequence: AABB ABB ABB A*

PART A: 32 counts

A[1-8] TAP, OUT OUT IN CROSS, SIDE, BEHIND/SWEEP, BEHIND, 1/4 L FORWARD, TRIPLE FULL TURN L

1&2& Touch R toe together, step RF side, step LF side, step RF together
3&4 Cross LF over RF, step RF side, cross LF behind RF & sweep RF behind
5-6 Cross RF behind LF, ..1/4 turn L.. step LF forward (9:00)
7&8 .. 1/2 turn L.. step RF back, ..1/2 turn L.. step LF forward, step RF forward (9:00)

A[9-16] 2x STEP LOCK STEP, STEP TURN 1/2 R, 1/2 R, 1/4 L SHUFFLE SIDE

1&2 Step LF forward, lock RF behind LF, step LF forward
&3& Step RF forward, lock LF behind RF, step RF forward
4-5-6 Step LF forward, ..1/2 turn R.. recover on RF, ..1/2 turn R.. step LF back (9:00)
7&8 .. 1/4 turn R.. step RF side, step LF together, step RF side (12:00)

***Final: replace SHUFFLE SIDE by BIG STEP SLIDE SIDE**

A[17-24] VAUDEVILLE, HEEL JACK, VAUDEVILLE, HEEL JACK

1&2& Cross LF over RF, step RF side, touch L heel diagonally forward, step LF together
3&4& Touch R toe together, step RF side, touch L heel diagonally forward, step LF together
5&6& Cross RF over LF, step LF side, touch R heel diagonally forward, step RF together
&7&8 Touch L toe together, step LF side, touch R heel diagonally forward, step RF together

A[25-32] STEP TURN 1/2 R, STEP LOCK STEP, OUT OUT, HOLD BALL STEP

1-2 Step LF forward, ..1/2 turn R.. recover on RF (6:00)
3&4 Step LF forward, lock RF behind LF, step LF forward
5-6 Step RF side, step LF side
7&8 HOLD, step RF together, step LF forward

PARTIE B : 32 counts

B[1-8] FORWARD WITH SWEEP, TWINKLE, FLICK, SWEEP 1/2 L, CROSSING GALLOP SIDE

1 Step RF forward & sweep LF behind
a2 e& Cross LF over, rock step RF side, recover on LF diagonally forward, flick RF
3-4 HOLD, step RF forward & sweep LF over ..1/2 turn R.. (6:00)
5&6 Cross LF over RF, step RF side, cross LF over RF
&7&8 Step RF side, cross LF over RF, step RF side, cross LF over RF

B[9-16] BIG STEP SIDE, SAILOR HITCH, BEHIND, 1/4 L, STEP FWD, SYNCHOPATED TURNS

1 Big step RF side & slide LF together
a2 e& Step LF behind RF, step RF side, step LF side, hitch R knee
3-4 HOLD, cross RF behind LF
5&6 .. 1/4 turn L.. step LF forward, ..1/2 turn L.. step RF back, ..1/2 turn L.. step LF forward (3:00)
&7&8 Step RF together, step LF forward, ..1/2 turn L.. step RF back, ..1/2 turn L.. step LF forward (3:00)

Harder option : 4 SYNCHOPATED FULL TURNS on 5&6&7&8

B[17-24] STEP FWD, TIC TAC TURN, RECOVER, ROCK STEP, TIC TAC TURN, RECOVER, TAP, TOUCH

- 1 Step RF forward
- a2& .. 1/4 turn L.. swivel L heel in, ..1/4 turn L.. swivel R heel out, recover on LF (9:00)
- 3&4 HOLD, rock step RF back & hitch L knee, recover on LF & hitch R knee
- 5 Step RF forward
- a6& .. 1/8 turn L.. swivel L heel in, ..1/8 turn L.. swivel R heel out, recover on LF (6:00)
- 7&8 HOLD, touch R toe together, touch R toe side

B[25-32] 4x TOUCH STEP POPPING KNEES OUT & TRAVELLING FWD, ROCK STEP, BALL STEP, TOUCH BACK

- &1 Touch R toe together, step RF diagonal forward D & pop knees out,
- &2 Touch L toe together & pop knees in, step RF diagonal forward D & pop knees out
- &3&4 Repeat first 2 counts of this section
- 5-6 Rock step RF forward, recover on LF
- &7 Step RF together, step LF back
- 8 Touch R toe back

Have FUN, good luck !!

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