

Light a Candle

COPPER KNOB
BY STEPHEN

拍數: 64 牆數: 2 級數: Phrased Advanced
編舞者: Fred Whitehouse (IRE) & Shane McKeever (N.IRE) - August 2018
音樂: Losing Sleep - Chris Young



Count-in: 36 Count Intro

Sequence - A,B,A*,A,B,B*,B,B*,Ending

Section A: 24 counts

A[1-8] Step Sweep L, Press, Heel Swivel, Kick, Together, Side Rock R, Recover, Together, Side Rock L, Recover, Step Forward

1,2 Step Rf Fwd Sweeping Lf from Back to Front, Press Lf Fwd
3&4 Swivel L Heel to L, Bring L Heel back to Centre, Kick Lf Fwd, Transferring weight back to Rf
&5,6 Step Lf next to Rf, Rock Rf to R Side, Recover on to Lf
&7&8 Step Rf next to Lf, Rock Lf to L Side, Recover on to Rf, Step Lf Fwd

A[9-16] Step Glide ½ Turn L, ½ Turn L, ½ Turn L, Grapevine R, Flick R, Rock R Forward

1,2 Step R f Fwd, Pivot ½ Turn L, placing weight on to Lf (Moonwalk Glides, Push off Rf gliding back on to Lf)
3,4 ½ Turn L Stepping RF back, ½ Turn L Stepping Lf Fwd
(*Restart here during 2nd A pattern)
5,6& Step Rf to R Side, Cross Lf behind Rf, Step Rf to R Side
7&8 Cross Lf in front of Rf, Flick R Heel Up, Rock Rf Fwd

A[17-24] Recover Sweeping Rf, Behind, Side, Heel and Cross, Step R to R Side, Hold, 1 1/4 Turn L

1,2 Recover weight on to Lf Sweeping Rf from Front to Back, Cross Rf behind Lf
&3&4 Step Lf to L Side, R Heel to R Side, close Rf next to Lf, Cross Lf in front of Rf
5,6 Step Rf to R Side, Hold (Prepping Body to R)
7&8 ¼ Turn L Stepping Lf Fwd, ½ Turn L Stepping Rf Back, ½ Turn L Stepping Lf Fwd

Note: When dancing A into B you Start B with ½ Turn L, however when dancing B into B you Start B with ¼ Turn L

Section B: 40 counts

B[1-8] ½ Turn L, Body Roll, ¼ Turn R Step Together, Step Rf to R Side with Slight L Leg Lift, Cross, Step Touch Together x2, Step Rf Forward to Diagonal, Step Lf Fwd Hitching R Knee, Step Back Sweeping L

1,2 ½ turn L touching RF back, body roll back placing weight on RF
&3,4 Step LF back, ¼ turn R stepping RF to R side as you lift L knee, cross LF over R
&5&6 Step RF to R side, touch LF next to R, step LF to L side, touch RF next to R
&7&8 1/8 turn R stepping RF to R diagonal, step LF Fwd hitching R knee, step RF back sweeping LF from front to back

B[9-16] Sweep x2, Weave, ¾ Curve walk, Boogie walks x3

1,2 Step LF back sweeping RF from front to back, step RF back sweeping LF from front to back
3&4 Step LF behind R, 1/8 turn R stepping RF to R side, cross LF over R
5&6 ¾ turn R curve R,L,R
7&8 Walk Fwd L,R,L (boogie walks)

(*Restart here during 3rd B pattern)

B[17-24] Rock, Recover ¼ turn L, ¼ turn R with a Kick, Cross LF over R, Point, ½ turn L point, ½ turn L point, Kick diagonal

1,2 Rock RF Fwd, ¼ turn L stepping LF to L side
3,4 ¼ turn R placing weight on RF as you kick LF Fwd, cross LF over R

5,6 Point RF to R side, ½ turn L point RF to R side, (click both fingers when you point)
7,8 ½ turn L point RF to R side (Raise R hand up making a stop sign when you point RF) 1/8 turn
L kicking RF to L diagonal

B[25-32] Ball step fwd L, Step fwd R, Rock fwd, Rock side, Lock unwind 7/8 turn L, out, out & cross

&1,2 Close RF next to L, step LF Fwd diagonal, step Rf Fwd diagonal
3&4& Rock LF Fwd, recover, rock LF to L side, recover
5,6 Touch LF behind R, unwind 7/8 L finish with weight on LF (hug yourself as you unwind)
&7&8 Step RF out, step LF out, step RF in, cross LF over R

(*Add ending here during last B pattern, First 10 counts of section A)

B[33-40] Side Rock recover, Ball Rock recover, step fwd, R mambo, step back with a sweep, ½ turn sailor L

1,2& Rock RF to R side, recover weight onto L, ½ turn R stepping R to R side
3&4 ½ turn R Rock LF to L side, recover weight onto R, cross LF over R
5&6 Step RF back diagonal, step LF to L side, cross RF over L
&7& Step LF back diagonal, step RF to R side, cross LF over R,
8& ¼ turn L stepping RF back, ¼ turn L stepping LF Fwd

***Ending – You dance the first 10 counts of section A.**

On count 9 raise R hand up as you glide LF back slowly bring R hand down (turn lights down low) do not make the ½ turn L.

Last Update - 12th Sept. 2018
