

Another Life

COPPER KNOB
BY SHEETS

拍數: 48 牆數: 2 級數: Intermediate
編舞者: Vivienne Scott (CAN) & Kim Ray (UK) - September 2018
音樂: If You Met Me First - Eric Ethridge : (Album: Eric Ethridge on iTunes & Amazon)



Intro: 16 counts on the lyrics

S1: NC BASIC RIGHT, SIDE, COASTER STEP, SCISSOR STEP, ½ TURN LEFT

1-2& Large step right to right side, rock back on left behind right, recover on right
3 Large step left to left side
4&5 Step back on right, step left beside right, step forward on right
6&7 Step left to left side, step right beside left, cross step left over right
8& ¼ turn left stepping back on right, ¼ left stepping left to left side (6:00)

S2: CROSS ROCK/RECOVER, & CROSS, & BEHIND, & CROSS ROCK/RECOVER, & CROSS, 1/2 RUMBA BOX FORWARD

1-2& Cross rock right over left, recover on left, step right to right side
3&4 Cross step left over right, step right to right side, cross left behind right
&5-6 Step right to right side, cross rock left over right, recover back on right
&7 Step left slightly back, cross right over left
8&1 Step left to left side, step right next to left, step forward on left (6:00)

S3: MAMBO FORWARD, STEP BACK, ½ TURN RIGHT, FORWARD, STEP, PIVOT ½ TURN RIGHT, STEP, FULL TURN RIGHT

2&3 Step forward on right, recover back on left, step back on right
4&5 Step back on left, ½ turn right stepping forward on right, step forward on left (12:00)
6&7 Step forward on right, pivot ½ turn left, step forward on right (6:00)
8& ½ turn right stepping back on left, ½ turn right stepping forward on right (6:00)

*8& (Easier Alt: Small steps forward left, right)

S4: ½ TURN SWEEP, BEHIND, 1/8 DIAGONAL SIDE, FORWARD, 3/8 DIAMOND FALLAWAY LEFT, CROSS ROCK/RECOVER, & CROSS

1 ½ turn right stepping back on left sweeping right from front to back (12:00)
2&3 Step right behind left, making 1/8 turn left step left to left side, step forward on right. (10:30)
4&5 Step forward on left, 1/8 turn left stepping right to right side (9:00), 1/8 turn left stepping back on left (7:30)
6& Step back on right, 1/8 turn left stepping left to left side (6:00),
7&8& Cross rock right over left, recover back on left, step right to right side, cross step left over right (6:00)

RESTART HERE WALL 3 FACING 12:00

S5: NC BASIC RIGHT, ¼ TURN RIGHT, ¼ TURN RIGHT, CROSS, NC BASIC RIGHT, ¼ TURN LEFT, STEP, PIVOT ¼ TURN LEFT, CROSS

1-2& Step right to right side, rock back on left, recover on right
3 ¼ turn right stepping back on left (9:00)
4& ¼ turn right stepping right to right side, cross step left over right (12:00) RESTART HERE WALL 2 FACING 6:00
5-6& Step right to right side, rock back on left, recover on right
7 ¼ turn left stepping forward on left (9:00)
8&1 Step forward on right, pivot ¼ turn left, cross step right over left (4:30)

S6: RUNS FORWARD x 3, CHASE ½ TURN LEFT, CHASE ½ TURN RIGHT, STEP, CROSS STEP UNWINDING ¾ TURN LEFT

- 2&3 Run forward left, right, left (4:30)
4&5 Step forward on right, $\frac{1}{2}$ pivot turn left, step forward on right (10:30)
6&7 Step forward on left, $\frac{1}{2}$ pivot turn right, step forward on left (4:30)
8& Cross step right over left, unwind $\frac{3}{4}$ turn left weight on left (7:30)
***8& (Easier Alt: Cross Rock/Recover)**
(1) To start the dance again, make a further $\frac{1}{8}$ turn left stepping right to right side to start again (6:00)

Ending: Step forward on count 7 of S6 to face front and pose.

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Last Update - 28th Sept. 2018
