

Total Eclipse of the Heart

COPPER **KNOB**
BY STEPHEN

拍數: 32 牆數: 4 級數: High Intermediate
編舞者: Bonita Tam Wing Yee - October 2018
音樂: Total Eclipse of the Heart (Glee Cast Version) (feat. Jonathan Groff) - Glee Cast



Intro: 4 Counts (Right foot point forward, weight on Left)

S1: R, L, R (back), Side, R 1 and 3/8 turn, Left full turn, Back L, R, 3/4 Spiral, Cross side behind
1-2&3 Right Step back, Left back, Right, Left side. (Left facing 10:30 and Right . pointing 3:00)
4&5 Step right, Turning 3/8 right. Left step back, 1/2 Right turn. Right 1/2 turn, step forward, raising left foot, pushing both hands forward.
6& Step on Left. Right step back.
7 Sprial left 3/4 on left. Right sweeping right front.
8&1 Cross, Left side, Right behind 6:00

S2: Cross side cross, Hitch 1/2, Touch + side, Rock recover side

2&3 Left cross, Right side, Left Lunge (Arms open wide with plams facing down)
4 Right foot step beside left, knees bending down slightly (Arms bent forward, lifting a rock)
5,6 Hitching right foot, turning 1/2 right. Right step. (Arms putting down the rock)
& Left foot touch close to right.
7 Left step side. (Left arm stretching sideway and Right arm toward).
8&1 Right Rock, Left recover, Right side. (Left arm stay in position, Right arm swinging with movement, ending upward) 12:00

S3: Cross side, Spiral turn, Lunge 1/2 turn, Kick and shuffle

2&3 (Still holding up Left arm, circling Right arm anti-clockwise) Left cross, Right side.
4 Left step, facing 1/8 left. 10:30. Spiral full turn, weight on left.
5 Right lunge forward with both arms stretched out.
6 Left foot close to right while making 1/2 left turn. 4:30 knees bent when finishing turn. (Arms relaxed)
7 Right foot kick both arms throwing rightward.
8&1 Shuffle Right Left Right 4:30

S4: Drag touch hitch side X2, Stomp, Sit, Sway X2

2& Left foot drag touch hitch turning 1/8 Left. Step side (Left arm circling clockwise in front) 3:00
3,4 Right foot drag touch hitch side. (Right arm moving anti-clockwise)
5 Left stomp. (Left arm stretching sideway)
6& Sit. Lean left. (still holding up left arm)
7 Sway Right. (Both arms circling upwards in front in opposite direction)
8 Sway Left. (Arms close up covering the heart, eyes looking down).

Ending with weight on left. 3:00

Start again with right 3:00

Ending: Dance ends on Wall 6, starting at 3:00. It ends on S3 with modification after count 2,3.

S3:

2,3 Left cross, Right side (facing 3:00)
4 Left step, turning 1/4 left.
5 Spiral full turn left 12:00
6 Sway Right (both arms circling in front)
7 Sway Left (arms covering the heart and eyes looking downwards)

Contact: bonitamedia@gmail.com

