

Alive In Us

COPPER KNOB
BY STEPHEN METZ

拍數: 32 牆數: 0 級數: Beginner
編舞者: Isabell Allert (DE) - October 2018
音樂: Alive - Hillsong Young & Free



Dance starts after 32 Counts

[1-8] Point fw, Point side, Point back, Close, Point fw, Point side, Point back, Close

- 1 - 4 Right foot Point forward, right foot Point to the side, right foot Point back, right foot close next to left foot
- 5 - 8 Left foot Point forward, left foot Point to the side, left foot Point back, left foot close next to right foot

Option: Move your arms like feet, raise your arms, to the side, downward

[9-16] Grapevine rechts, Touch, Grapevine links, Touch

- 1 - 4 Right foot step to the side, left foot cross behind right, right foot step to the side, left foot touch next to right foot
- 5 - 8 Left foot step to the side, right foot cross behind left, left foot step to the side, right foot touch next to left foot

Option: Do a Rolling Vine instead of an Grapevine or Side, Close, Side, Touch

[17-24] K-Step

- 1 - 4 Right foot step diagonal forward, left foot touch next to right foot, left foot step diagonal backward, right foot touch next to left foot
- 5 - 8 Right foot step diagonal backward, left foot touch next to right foot, left foot step diagonal forward, right foot touch next to left foot

[25-32] Heel Grind ¼ turn, Back Rock, Step, Close, Clap, Snap

- 1, 2 ¼ turn on right heel, left foot step backward
- 3, 4 Right foot step backward, weight back on left
- 5, 6 Right foot step forward, left foot close next to right
- 7, 8 Clap your hands, snap with your fingers

Dance starts again

Ending: In wall 15 after 16 Counts

Grapevine right, Side, Behind, ¼ turn, Step, ¼ turn, side

- 1-4 Right foot step to the side, left foot cross behind right foot, right foot step to the side, left foot touch next to right
- 5, 6 Left foot step to the side, right foot cross behind left foot
- 7 ¼ turn left, left foot step forward
- 8 ¼ turn left, right foot step to the side