

Fake it 'til You Make it

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 2 級數: Phrased Intermediate
編舞者: Jean-Pierre Madge (CH) - September 2018
音樂: Hold On - Nano



Sequence: A-A-B-B-Tag-A-A16-B-B-A-B-B

Part A: 32 counts

Big step Back, Coaster Cross, Step Turn Basics, Side, Sweep

1 Big Step R back
2&3 Step L back, Step R next L, Cross L over R
4&5 Step R to R, ¼ L Step L forward, ¼ L big step Step R to R (6 o'clock)
6&7-8 Rock L behind R, Recover, Step L to L, Bring R behind L and Sweep L

Behind Side Step, Walk, Rock ½, Triple 1 ¼ turn and Basic

1&2 Cross L behind R, Step R to R, Step L forward
3-4& Walk R, Rock L forward, Recover
5-6& ½ L Step L forward, ½ Step, ½ L Step L forward (12 o'clock)
7-8& ¼ L Big Step R to R, Rock L behind R, Recover on R (9 o'clock)

Restart: To do the restart facing 6 o'clock, do only a triple full turn left on 6&7 (to 6 o'clock), bring L next R on 8.

Side, Cross ½ Turn, Basic, Slow Rocking Chair

1-2& Big Step L to L, Cross R over L, ¼ R Step L back (12 o'clock)
3-4& ¼ R Big step Step R to R, Rock L behind R, Recover on R (3 o'clock)
5-6 ¼ L Step L forward and Sweep R forward, Rock R forward bending your knees down low (12 o'clock)
7-8 Recover up on L sweeping R back, Rock R back bending your knees again

Walk, Walk, Rock ½ turn, Prep, Triple Step, Rock, Recover

1-2 Walk L,R
3&4 Rock L forward, Recover, ½ L Step L forward (6 o'clock)
5-6&7 Step R forward and Prep your body to do a full turn to your R, Full turn to R doing a triple step L,R,L (6 o'clock)
8& Rock R Forward, Recover

Part B: 16 counts

Rock and ¼ Rock, Cross and Behind, Unwind, Arms Up/Down

1-2& Rock R behind L, Recover, ¼ L Step R to R (9 o'clock)
3-4& Rock L behind R, Recover, Step L to L
5&6 Cross R over L, Step L to L, Step R behind L
7&8 Unwind ¾ R (6 o'clock), Raise both arms up, Bring arms to your chest crossing arms and bending knees (weight on L)

Side, Back-Back, Side, Sailor Step, Cross and Arabesque

1-2& Big Step R to R, 1/8 L step back L,R (4:30)
3-4&5 1/8 L Big Step L to L (3 o'clock), Cross R behind L, Step L to L, 1/8 R Step R forward (4:30)
6&7 Cross L over R, 3/8 L Step R back, Step L back (12 o'clock)
&8 Kick R back and Raise L arm Up, Pull L arm and R knee into body slightly crouched

Tag:

Slow Walk, Slow Walk, Arms

- 1-2 Walk R, Bring L hand to your head (1), Take the “patience” from your head and place it in front of you, slightly to the L (2) Keep your L arm forward
- 3&4 Walk L, Hit your chest twice with R hand (3&), Extend R arm forward slightly to R (4)
- 5-6 Step R next L, Bring both hands together, Arms still extended (5), Roll both hands up and bring hands in slowly (6),
- 7-8 Bend knees slowly, still bringing hands in to you (7-8)

Start again and have fun!
