

Call Me Up

COPPER **KNOB**
BY SHEPHERD

拍數: 64 牆數: 4 級數:
編舞者: Anne Herd (AUS) - February 2019
音樂: Call Me Up - Sheppard : (Album: Watching the Sky - iTunes - 3:09)



Dance moves 1/4 CW - NO TAGS /RESTARTS

Intro: Start approx.32 beats in weight on L

SHUFFLE RIGHT, ROCK/RECOVER, SHUFFLE LEFT, ROCK/RECOVER

1&2-3-4 Shuffle to the R stepping RLR, Rock back on L, Recover to R

5&6-7-8 Shuffle to the L stepping LRL, Rock back on R, Recover to L

PIVOT 1/2, SHUFFLE FWD, ROCK/RECOVER, COASTER

1-2-3&4 Step fwd. on R, Pivot 1/2 L, Shuffle fwd. RLR

5-6-7&8 Rock fwd. on L, Recover to R, Recover to R, Step back on L, Step R beside L, Step L forward 6:00

HEEL GRIND, COASTER, HEEL GRIND, COASTER

1-2-3-4 Touch R heel forward, Grind heel, Step back on R, Step L beside R, Step R fwd.

5-6-7-8 Touch L heel forward, Grind heel, Step back on L, Step R beside L, Step L forward

2 X 1/4 PIVOTS, JAZZ BOX CROSS

1-2-3-4 Step forward on R, Pivot 1/4, Step forward on R, Pivot 1/4,

5-6-7-8 Cross R over L, Step back on L, Step R to side, Cross L over R 12:00

SIDE ROCK, BEHIND SIDE CROSS, SIDE ROCK, 1/4 COASTER

1-2-3&4 Rock R to side, Recover to L, Cross R behind L, Step L to side, Cross R over L

5-6-7&8 Rock L to side, Recover to R, Turning 1/4 L, Cross L behind R, Step R to side, Step fwd. on L. 9:00

PIVOT 1/2 CROSS SAMBA PIVOT 1/4 CROSS SHUFFLE

1-2-3&4 Step fwd. on R, pivot 1/2 L, Cross R over L, Rock L to L side, Replace weight on R

5-6-7&8 Step fwd. on L, Pivot 1/4 R, Cross shuffle LRL 6:00

SIDE, TOUCH, KICK BALL CROSS, SIDE TOGETHER. 1/4 SHUFFLE FWD.

1-2-3&4 Step R to side, Touch L next to R, Kick L on L 45, Step L beside R, Cross R over L

5-6-7&8 Step L to side, Slide R beside L, Turn 1/4 L, Shuffle fwd. LRL 3:00

ROCK/RECOVER, STEP, HEEL, HOLD, & TOUCH & HEEL & WALK FWD.

1-2&3-4& Rock fwd. on R, Recover to L, Step back on R, Touch L heel fwd. Hold, Step L beside R

5&6&7-8 Touch R beside L, Step back on R, Touch L heel fwd. Step L beside R, Walk fwd. R L

ENDING: On the last wall (wall 6) dance to count 24, then pivot 1/2 L. 1/4 L and do the jazz box cross.

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