

Hard Days

COPPER **KNOB**
BY STEPHEN

拍數: 32 牆數: 4 級數: Beginner
編舞者: Sophie Ruhling (FR) - February 2019
音樂: Hard Days (feat. Rainea Blake, Chris Carmack, Jonathan Jackson & Sam Palladio) - Nashville Cast



#16 count intro – CCW - 1 TAG

Dance specially choreographed for the USA Normandy Festival of Louviers on 29-30 June 2019 (dance identical to Saturday Night choreographed by Sophie Ruhling in June 2017 but with different tags)

SECT.1 : TRIPLE STEP TO R SIDE, ROCK STEP L BACK, TRIPLE STEP TO L SIDE, ROCK STEP R BACK

1&2 step R to R side, step L beside R, step R to R side
3-4 rock step L back, recover on R
5&6 step L to L side, step R beside L, step L to L side
7-8 rock step R back, recover on L

SECT.2 : KICK BALL CROSS (X2), 1/4 TURN L BACK R, 1/4 TURN L WALK L, STEP 1/2 TURN L

1&2 kick R fwd, step R ball in place, cross L over R
3&4 kick R fwd, step R ball in place, cross L over R
5-6 1/4 turn L back R, 1/4 turn L walk L (6.00)
7-8 walk R, 1/2 turn L (weight on L) (12.00)

SECT.3 : TOE STRUT R FWD, TOE STRUT L FWD, JAZZ BOX R WITH 1/4 TURN R

1-2 step R toe fwd, drop R heel
3-4 step L toe fwd, drop L heel
5-6 cross R over L, back L
7-8 1/4 turn R walk R, walk L (3.00)

SECT.4 : TRIPLE STEP R FWD, STEP 1/2 TURN R, STOMP L, STOMP R, SWIVETS

1&2 walk R, walk L beside R, walk R
3-4 walk L, 1/2 turn R (weight on R) (9.00)
5-6 stomp L to L side, stomp R to R side
7-8 swivel L toe to L side and R heel to R side, both feet back in place (weight on L)

*TAG here end of wall 10 (6.00): 20 counts: repeat sect.4 X2 + hold 4 counts with snap

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