

I'm Outta Salt

COPPER KNOB
BY STEPHEN BATES

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Suzi Beau (ENG) - July 2019
音樂: Salt - Ava Max



Music: AVA MAX– SALT – The track was given to me to write to and is currently Pre-Release Music available on Ava Max Soundcloud. Written especially for workshop in Somerset, Released only for that purpose.

INTRO - 16 counts

SECTION 1: SIDE BACK ROCK , CHASSE ¼ STEP ½ L SHUFFLE

1,2,3 Step L to L Side, Rock back on R, Recover L
4&5 Step R to R side, Close L to R, Turn ¼ R stepping R forward (3:00)
6,7 Step forward on L, Pivot ½ (9:00)
8&1 Shuffle forward L, Stepping L,R,L

SECTION 2: FORWARD ROCK, SHUFFLE BACK, BACK ROCK ,FORWARD SIDE ROCK

2,3 Rock forward on R, Recover L
4&5 Step back on R, close to R, Step back R
6,7 Rock Back on L Recover on R
8&1 Step forward on L, Rock R to R side, Recover L

SECTION 3: POINT FORWARD POINT SIDE, FORWARD SIDE ROCK POINT FORWARD POINT SIDE SAILOR 1/4

2,3 Point R Forward Point Right to the side
4&5 Step forward on R, Rock out to L Side Recover R
6,7 Point L Forward Point L to the side
8&1 Turn ¼ L Stepping behind on L, Step R to R side, Step L to L side (6:00)

SECTION 4: FORWARD ROCK SHUFFLE HALF, CHASSE ¼ HOLD

2,3 Rock forward on R, Recover L
4&5 Shuffle ½ stepping R forward close L to R step R forward (12:00)
6&7 Turn ¼ R L to L Side , Close R to L, Step L to Left Side, (3:00)
8 Hold (drag L to R)

SECTION 5: BALL CROSS SIDE BACK , 1/8, BACK SIDE 1/8, FORWARD 1/8 FORWARD SIDE 1/8 COASTER STEP

&1,2,3 Step on ball of R, Cross L over R, Step R to R Side , Turn 1/8 L stepping back on L (1:30)
4&5 Step back on R, Step L to Left Side Straighten up to 12:00, Turn 1/8 L Stepping fwd R (10:30)
6,7 Step forward on L, Turn 1/8 L Stepping R to R side (9:00)
8&1 Step back on L, Close R to L, Step Forward on L

Restart here on wall 5, Replace the coaster step with a Sailor ¼ L, last step of the sailor will be count 1 on the dance

SECTION 6: FORWARD ROCK WALK BACK BACK ½ R, STEP PIVOT 1/2

2,3 Rock forward on R, Recover L,
4,5 Walk back R, L
6,7 Turn ½ R Stepping forward on R, Step forward on L (3:00)
8 Pivot ½ R taking weight onto R

SECTION 7: FORWARD TOUCH KICK AND STEP, FORWARD TOUCH KICK AND STEP

1,2 Step forward to L angling body to R diagonal, Touch R by left

3&4 Kick R to R diagonal, Step on ball of R, Step forward on L travelling towards R diagonal
5,6 Step forward on R angling body to L diagonal, Touch L by R
7&8 Kick L to L diagonal , Step on ball of L, Step forward R travelling towards L diagonal

SECTION 8: SIDE HOLD & SIDE TOUCH , ¼, ½ COASTER CROSS

1,2 Step L to L side, Hold (Straightening up to 3:00)
&3,4 Close R to L, Step L to L Side, Touch R by L
5,6 Turn ¼ R stepping R forward , Turn 1/2 R stepping L back
7&8 Step back on R, Close L to R, Cross R over L

RESTART WITH STEP CHANGE

Restart on wall 5, Section 5 Replace the coaster step with a Sailor ¼ L, last step of the sailor will be count 1 on the dance

Special Thanks to Carina for the track suggestion
