

Spirit

COPPER KNOB
BY STEPHEN METZ

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Rex Chuan (USA) - July 2019
音樂: Spirit - Beyoncé



Tag: 2 - Restart: 2

Start: Wait around 32 counts of introduction including the four counts of cymbal chime, then start the dance.

Sequence: 32, 16, 32, tag1, 32, 16, 32, 32, 8, tag2, 32,32,32

S1: Lunge, Recover, Back, Ball Step, Forward, Hitch, Turn & Back Rock, Recover, Turn & Together, Side

123 RF lunge R(1), recover on left(2) and swivel L quarter turn, RF backward (3)
4&5 L quarter turn and LF L(4), RF forward(&), LF forward(5)
67 RF hitch(6), R quarter turn and RF rock back(7) (3:00)
8& Recover on LF(8), L quarter turn and LF together(&)

S2: Turn & Side, Hitch & Turn, Back, Cross, Side, Cross, Swivel, Hook, Run Run

123 L quarter turn and LF L(1), LF hitch and R $\frac{3}{4}$ turn(2), LF slightly backward(3) and RF sweep backward
4&56 RF cross behind LF(4), LF L(&), RF cross LF(5) and RF sweep and start R swivel quarter turn, complete the swivel(6)
78& LF hook across RF(7), LF forward(8), RF forward(&) (9:00) {in case of restart, LF forward(8) and L quarter turn ready for next wall}

S3: Walk, Hitch, Back Step, Sailor Turn Cross Rock, Recover, Turn & In Place, Spiral, Samba

123 LF forward and pop chest(1), RF hitch and recess chest(2), RF backward(3)
4&5 LF backward(4), R quarter turn and RF R(&), LF rock across RF(5)
6&7 Recover(6), L quarter turn and LF in place(&), RF forward(7) and R swivel full turn
8& LF forward(8), RF slightly R(&) (9:00)

S4: Samba(cont.), Samba, Samba, Swivel, Walk, Walk

1 LF L diagonally(1)
2&3 RF together(2), LF slightly L(&), RF R diagonally(3)
4&5 LF together(4), RF slightly R(&), LF L diagonally(5)
678 Swivel on LF(6) and RF on toe, RF forward(7), LF forward(8) and L turn to be ready for next wall (12:00)

Tag1: RF stomp forward(1), unwind half turn(234)

Tag2: L turn and LF L:(1), Sway R(2), LF together(3) and R swivel $\frac{3}{4}$ turn on ball of both feet(3), complete the swivel(4)

Enjoy the dance!