

Fourteen Gears

COPPERKNOB
BY STEPHEN METELNICK

拍數: 64 牆數: 2 級數: Low Intermediate
編舞者: Alison Metelnick (UK) & Peter Metelnick (UK) - September 2019
音樂: Fourteen Gears - Midland



Start after 32 count intro – approx. 13secs – 3mins 32secs – 144bpm

Music Available: Amazon

[1-8] R side rock/recover, L weave with ½ L

1-4 Rock R side, recover weight on L, cross step R over L, step L to side
5-8 Cross step R behind L, turning ¼ left step L forward, turning ¼ left step R side, cross step L behind R (6 o'clock)

[9-16] R side, L cross rock/recover, ¼ L, L fwd, walk fwd R/L/R, hold

1-4 Step R side, cross rock L over R, recover weight on R, turning ¼ left step L forward (3 o'clock)

5-8 Step R forward, step L forward, step R forward, hold

OPTION: On counts 5-7 execute a full L turn over 3 steps & hold on count 8

RESTART WALL 3: 1 – 15 as above

16 – step L forward

To start dance again facing front turn ¼ left as you rock R to right side

[17-24] Rumba box fwd on L, hold, rumba box back on R, hold

1-4 Step L side, step R together, step L forward, hold

5-8 Step R side, step L together, step R back, hold

[25-32] ¼ L, chassé L, hold, R cross rock/recover, R to R side, hold

1-4 Turning ¼ left step L side, step R together, step L side, hold (12 o'clock)

5-8 Cross rock R over L, recover weight on L, step R side, hold

[33-40] L cross rock/recover, L to L side, hold, R fwd, ½ L pivot turn, diagonal R fwd step/lock

1-4 Cross rock L over R, recover weight on R, step L side, hold

RESTART: DURING WALL 6 dance first 36 counts and restart facing front wall

5-8 Step R forward, pivot ½ left, step R forward on right diagonal, lock L behind R (7 o'clock)

[41-48] R fwd to R diagonal, L fwd lock step to L diagonal, R fwd, touch L behind R, L back, kick R fwd

1-4 Step R forward on right diagonal, step L forward on left diagonal, lock R behind L, step L forward (5 o'clock)

5-8 Squaring up to your 6 o'clock wall step R forward, touch L behind R, step L back, kick R forward

[49-56] Step R back, touch L toe to R toe, L fwd, touch R toe behind L, R/L back struts

1-4 Step R back, touch L to R toe, step L forward, touch R behind L

5-8 Touch R toes back, step R heel down, step L toes back, step L heel down

[57-64] R coaster cross, hold, L side rock/recover/cross step, hold

1-4 Step R back, step L together, cross step R over L, hold

5-8 Rock L side, recover weight on R, cross step L over R, hold

NB: If you so desire on the hold steps you can brush through.

The music slows at the end just keep on dancing to tempo!

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Please Note: we like to check and approve all Videos of our dances before they are linked to this site.- A&P

