

21 Days

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 2 級數: Intermediate NC
編舞者: Myra Harrold (SCO) - October 2019
音樂: Starting Over - Jennifer Nettles : (Album: Playing With Fire)



INTRO: 4 COUNTS

SECT:1 SIDE,BEHIND,1/4 FWD,FWD FULL SPIRAL,FWD,1/4 SIDE,BEHIND,SWEEP,BEHIND,1/8,FWD R,L,R ,3/4,FWD L,R

1,2&3,4&5 Rf To R,Lf Behind Rf,Pivot 1/4 R,Rf Fwd,Lf Fwd,Spiral Full Turn R,Rf Fwd,Pivot 1/4 R,Lf To L,Rf Behind Lf,Sweep Lf Back (6)

6&7,8&1 Lf Behind Rf,Pivot 1/8 R (7.30)Rf Fwd,Lf Fwd, Rf Fwd,Pivot 3/4 L,Lf Fwd,Rf Fwd (10.30)

SECT:2 RUN FWD,HITCH,RUN BACK,DRAW,BACK,3/8,FWD R,L,SWEEP,CROSS,SIDE,BEHIND,SWEEP

2&3,4&5 Run Fwd Lf,Rf,Lf,Hitch Rf,Run Back Rf,Lf,Long Step Back On Rf,Draw Lf To Rf (10.30)

6&7,8&1 Lf Back,Pivot 3/8 R,Rf Fwd,Lf Fwd,Sweep/Cross Rf Over Lf ,Lf To L,Rf Behind Lf Sweep Lf (3)

SECT:3 BACK,SWEEP,COASTER STEP,BALL CHANGE 1/2,ROCKING CHAIR,ROCK TO L

2,3&4&5 Lf Back,Sweep Rf,Step Rf Back,Close Lf To Rf,Rf Fwd,Ball Change Lf Fwd,Pivot 1/2 R,Rf Fwd (9)

6&7&8 Rock Lf Fwd,Recover On Rf,Rock Lf Back,Recover On Rf,Rock Lf Out To L Side (Lean) (9)

******* (Restart Here On Wall 3) ***** (2 Count Tag,Pivot 1/4 L And Restart Here On Wall 6) *******

SECT:4 FULL TURN R,ROCK BACK,RECOVER,SIDE,SAILOR STEP,BEHIND,1/4,FWD LF,1/2,FWD R,L

1&2,3&4 Turn 1/4 R,Rf Fwd,Pivot 1/2 R,Lf Back,Pivot 1/4 R,Rf To R,Rock Lf Behind,Recover On Rf,Lf To L (9)

5&6&7&8& Rf Behind Lf,Lf To L,Rf To R,Lf Behind Rf,Pivot 1/4 R,Rf Fwd,Lf Fwd,Pivot 1/2 R,Rf Fwd,Lf Fwd (6)

Wall 1-Tag (4&1/2 Counts),End Of Wall 1 = Basic N/C R,Basic N/C L , Facing 6 O.Clock

Wall 3- Restart = End Of Sect:3 = Turn 1/4 L To Restart Facing 6 O.Clock

Wall 4-Tag (4&1/2 Counts) End Of Wall 4 = Basic N/C R,Basic N/C L , Facing 12 O.Clock

Wall 6-Tag, (2 Counts,1/4 Pivot And Restart) = End Of Sect:3 = Sway R,Sway L,Facing 3 O.Clock,Then Turn 1/4 L To Restart Dance At 12 O.Clock