

Long Road Home

COPPER KNOB
STEPPERS

拍數: 32 牆數: 2 級數: Advanced NC
編舞者: Laura Bartolomei (FR) - October 2019
音樂: Home - Don Mescall



(1 – 8&) SWEEP, CROSS, BACK, SIDE, CROSS MAMBO, SIDE, HOLD, SWAY 3X

- 1 Step RF diagonal, Sweep LF back to front
- 2& Cross LF over RF, Step RF back
- 3 Step LF to L
- 4& Cross rock RF over LF, Recover on LF
- 5,6 Step RF to R, Hold
- 7 Sway to L (weight on LF)
- 8 Sway to R (weight on RF)
- & Sway to L (weight on LF)

(9 – 16&) HALF DIAMOND, 2X BASICS

- 1 Step RF to R
- 2& Make 1/8 turn L stepping LF back, Step RF back
- 3 Step LF to L turning 1/8 L
- 4& Make 1/8 turn L stepping RF forward, Step LF forward
- 5 Step RF to R turning 1/8 L
- 6& Step LF together with RF, Cross RF over LF
- 7 Step LF to L
- 8& Step RF together with LF, Cross LF over RF

(17 – 24&) ¼ STEP FORWARD, STEP TURN STEP, FULL TURN, ROCKSTEP, 2X SWEEPS, 2X RUNS

- 1 Make ¼ turn R stepping RF forward
- 2&3 Step LF forward, make ½ turn R, Step LF forward
- 4& Make ½ turn L stepping RF backwards, Make ½ turn L stepping LF forward
- 5 Rock RF forward
- 6 Recover on LF sweeping RF from front to back
- 7 Step RF backwards sweeping LF from front to back
- 8& Small step LF back, Small Step LF back

(25 – 32&) STEP HITCH, COASTERSTEP, STEP TURN, STEP, ¼ TURN MAMBO, CROSS MAMBO

- 1 Step LF backwards making a Hitch with RF
- 2&3 Step RF backwards, Step LF together with RF, Step RF forward
- 4-5 Step LF forward, Make ½ turn R putting weight on RF
- 6 Step LF forward
- 7& Make ¼ turn L rocking RF to R, Recover on LF
- 8& Crossrock RF over LF, Recover on LF

Arm movements :

In section [1 – 8]

- 5-6 Take L arm from L, above head, to R
- 7 Pull L arm in front of body to L side
- 8& Place L hand on heart, Place R hand on heart

Finish :

Wall 10 after Hitch

- 2 Step RF to R turning ¼ turn R

Restarts :**Wall 4 after step turn step:**

8 Step R making $\frac{1}{4}$ L
& Cross L over R

Wall 7 after runs with hitch

2 Step R to R making $\frac{1}{4}$ turn R
& Cross L over R

Wall 9 after sways and arm movements in slowmotion

7 Sway to L (weight on LF)
8 Hold

Slow-motion parts :**Wall 1**

4 Step LF forward
5 Make $\frac{1}{2}$ turn R putting weight on RF
6 Step LF forward

Wall 4

4& Cross rock RF over LF, Recover on LF
5,6 Step RF to R, Hold
7 Sway to L (weight on LF)

Wall 6

6 Sweep RF from front to back
7 Sweep LF from front to back

Wall 7

4& Cross rock RF over LF, Recover on LF
5,6 Step RF to R, Hold
7 Sway to L (weight on LF)

Wall 8

6 Sweep RF from front to back
7 Sweep LF from front to back
8& Small step LF back, Small Step LF back
1 Step LF backwards making a Hitch with RF
2&3 Step RF backwards, Step LF together with RF, Step RF forward
4,5 Step LF forward, Make $\frac{1}{2}$ turn R putting weight on RF
6 Step LF forward
7& Make $\frac{1}{4}$ turn L rocking RF to R, Recover on LF
8& Crossrock RF over LF, Recover on LF

Wall 9

1 Step RF diagonal, Sweep LF back to front
2& Cross LF over RF, Step RF back
3 Step LF to L
4& Cross rock RF over LF, Recover on LF
5,6 Step RF to R, Hold
7 Sway to L (weight on LF)

