

10,000 Hours (P)

COPPER KNOB
BY STEPHEN

拍數: 32

牆數: 0

級數: Improver / Intermediate Partner /
Circle



編舞者: Don Carleton (USA) & Chrissy Shine - November 2019

音樂: 10,000 Hours - Dan + Shay & Justin Bieber

Intro: 4 counts

Position: two hand hold, man facing OLD, lady facing ILOD

Footwork: opposite unless noted, man's footwork listed

SIDE ROCK, BEHIND, SIDE CROSS, FORWARD, FORWARD TO MAN'S WRAP, SHUFFLE FORWARD

- 1,2 Rock right to right side, recover to left
3&4 Step right behind left, step left to left side, cross right in front of left
5,6 Man: Raise right hand and pass under it as you begin crossing in front of lady, Step left to forward diagonal, turning to LOD step right forward (now in wrap)
Lady: Step right forward, turning to LOD step left forward
7&8 Shuffle forward

MAN: ROCK, RECOVER, SHUFFLE FORWARD, LADY: ½ TURN, ½ TURN, SHUFFLE FULL TURN, BOTH: ¼ TURN, ¼ TURN, BACK COASTER STEP

- 1,2 Man: Rock back on right, recover to left
Lady: Turning ½ right step back on left, turning ½ turn right step right forward
3&4 Man: Turning to left diagonal shuffle forward right, left, right
Lady: Shuffle full turn down LOD left, right, left (easier version, just shuffle forward)
5,6 Turn ¼ turn towards partner stepping left to side, turn ¼ turn right stepping back on right
7&8 Back coaster step stepping left back, right together, step left forward

¼ TURN TOUCH, LEAD TO TWO HAND HOLD POSITION, WRAP HER UP

- 1,2 Turn ¼ left stepping right to right side, touch left next to right
3&4 Man: Shuffle ¼ turn left leading lady in front of you to two hand hold (LOD)
Lady: Turning to forward diagonal shuffle ½ turn to right (RLOD)
5,6 Man: Rock forward on right, recover to left
Lady: Rock back on left, recover to right
7&8 Man: Back coaster step, step back on right, step left together, step right forward
Lady: Shuffle ½ turn in wrap in front of man, left, right, left (LOD)

ROLL LADY TO LEFT SIDE, SHUFFLE FORWARD, LADY CROSSES IN FRONT OF MAN, BEHIND, SIDE, TOUCH

- 1.2 Man: Rock back on left, recover to right (drop right hand, lead lady into turn with left)
Lady: Turning ¼ turn left step right to right side, turning ¼ turn left, step left forward
3&4 Shuffle forward left, right, left (let lady get a little ahead) (pick up lady's left hand in man's right)
5,6 Man: Cross right in front, left step left forward
Lady: Crossing in front of man step left to forward diagonal, step forward on right
7&8 Man: Turning ¼ turn right step right behind left, step left to left side, touch right next to left
Lady: Turning ¼ turn left step left behind right, step right to right side, touch left next to right

Smile and Begin Again

Tag# 1 At the end of 2nd rotation

- 1,2 Step right to right side, sweep left bend right
3&4 Step left behind, rock right to right side, recover to left
5,6 Cross right in front left, step left to left side

7&8 Cross right behind left, step left to left side, touch right next to left - then restart

Tag #2 At the end of 5th rotation

1,2,3,4 Sway right, left, right, left - then restart
