

Coming And Going

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Harold Grimshaw (UK) - December 2019
音樂: Arrivals and Departures - Sundance Head : (Album: Stained Glass and Neon)



Section 1 Cross, Recover, Shuffle 1/4, Pivot 1/2, Shuffle

1-2 Cross Right over Left, Recover Left
3&4 Right Shuffle forward 1/4 Right
5-6 Left forward, Pivot 1/2 Right
7&8 Left Shuffle forward

Section 2 Full turn forward, Fwd Rock & Fwd Rock, Side Rock

1-2 Full turn forward left on Right and Left
3-4 Right forward, Recover Left
&5-6 Step Right in place, Left forward, Recover Right
7-8 Left side, Recover Right

Section 3 Sailor- steps, Unwind 1/2 Left, Cross rock 1/4 Right

1&2 Swing step Left behind right, Step Right to right side, Step Left to left side
3&4 Swing step Right behind Left, Step Left to left side, Step Right to Right side
5-6 Left toes back, Unwind 1/2 Left (taking weight)
7&8 Cross Right, Recover Left, Step Right forward 1/4 right

Section 4 Diagonal Left forward Lock, Forward lock step, Fwd Rock, Shuffle 1/2 turn Right

1-2 (Diagonally forward left) Left forward, Lock Right behind
3&4 Left forward, Lock Right behind, Left forward
5-6 Right forward, Recover Left
7&8 Right shuffle 1 / 2 Right forward (still on diagonal left)

Section 5 Syncopated Rocking Chair, Back 1 / 2 Right, Touch, Step Point, Cross Point

1&2& Left forward, Recover Right, Left back, Recover Right
3-4 (Turning 1/2 Right) Step back on Left, Touch Right toes in front
5-8 Right forward, Point touch Left to left side, Cross Left, Point touch Right to right side

Section 6 Right Cross weave, 1/4 Left, Step pivot 3/4 Left, Right Side, Behind

1-4 Right Cross, Side, Behind, 1/4 Left forward
5-6 Right forward, Pivot 3/4 Left
7-8 Right Side, Left Behind

Section 7 Right side, Drag Touch, Left Kick Ball Cross, Sway Left & Right, Chasse Left

1-2 Long step Right to right side, Drag Left next to right (no weight-touch)
3&4 Left Kick Ball, Cross Right over left
5-6 Sway hips Left and Right
7&8 Chasse Left

***RESTART here Wall 2**

Section 8 Right Toes back, Unwind 1/2 Right (taking weight), Pivot 1/2 Right, Rock fwd, Coaster Back

1-2 Right Toes Back, Unwind 1/2 Right (taking weight)
3-4 Left Forward, Pivot 1/2 Right
5-6 Left Forward, Recover Right
7&8 Left Coaster Back

****TAG here end of Wall 3 - Repeat last 8 counts (Section 8)**

