

Ocean of Glitter

COPPER KNOB
BY SHEETS

拍數: 32
編舞者: Paul James (UK) - January 2020
音樂: Run for Your Life - Tiffany Young

牆數: 4

級數: Intermediate Cha Cha



Count In – 40 Counts

Restarts – Walls 3 & 7 after count 16

Tags – End of walls 4 & 8 (after count 32) Tag 1 = 8 counts. Tag 2 = 4 counts

[1-8] Walk F x2, Lock Cha Cha F, Rock Recover, Cha Cha ½ Turn.

1,2 Walk forward R,L (1,2)
3&4 Step RF forward (3) Close LF behind RF (&) Step RF forward (4)
5,6 Step & rock LF forward (5) Recover weight onto RF (6)
7&8 Make ¼ turn L stepping LF to side (7) Close RF to LF (&) Make ¼ turn L stepping forward onto LF (8) (6.00)

[9-16] Hip Roll ¼ Turns x3, Out Out, In In.

1,2 Step forward onto RF making ¼ turn L, rotating hips Anticlockwise (1,) Small step crossing LF over RF (2) (3.00)
3,4 Repeat counts 1,2 (3,4) (12.00)
5,6 Repeat counts 1,2 (5,6) (9.00)
&7&8 Step RF out (&) Step LF out (7) Step RF in (&) Close LF slightly in front of RF (8)

*** Restart dance here on walls 3 & 7 ***

[17-24] Step, Cross Rock Recover, Cha Cha L, Cross Unwind, Lock Cha Cha B.

1,2,3 Step RF to R (1) Step & rock LF across RF (2) Recover weight onto RF (3)
4&5 Step LF to L (4) Close RF to LF (&) Step LF to L (5)
6,7 Cross RF over LF (6) Unwind ½ turn over L shoulder (7) (3.00)
8&1 Step LF back (8) Cross RF over LF (&) Step LF back (1)

[25-32] Coaster Step, Lock Cha Cha F, Point Switches x3.

2&3 Step RF back (2) Step LF next to RF (&) Step RF forward (3)
4&5 Step LF forward (4) Cross and lock RF behind LF (&) Step LF forward (5)
6&7 Point R toe to R (6) Step RF next to LF (&) Point L toe to L (7)
&8 Step LF next to RF (&) Point R toe to R (8)

Tag 1 – End of Wall 4. Cuban Breaks x2.

1&2& Cross rock RF over LF (1) Recover weight onto LF (&) Rock RF to R (2) Recover weight onto LF (&)
3&4 Cross rock RF over LF (3) Recover weight onto LF (&) Step RF to R (4)
5&6& Cross rock LF over RF (5) Recover weight onto RF (&) Rock LF to L (6) Recover weight onto RF (&)
7&8 Cross rock LF over RF (7) Recover weight onto RF (&) Step LF to L (8)

Tag 2 – End of Wall 8. Cuban Break & Point.

1&2& Cross rock RF over LF (1) Recover weight onto LF (&) Rock RF to R (2) Recover weight onto LF (&)
3&4 Cross rock RF over LF (3) Recover weight onto LF (&) Point R toe to R (4)

Demo video will be available on YouTube, account – cudgefudge
I hope you enjoy and Happy Dancing

Contact – paul.jc31@gmail.com

