

All That's On My Mind

COPPER KNOB
BY STEPHEN

拍數: 26 牆數: 4 級數: Improver
編舞者: Suzanna Rands (UK) - January 2020
音樂: Walk Me Home - P!nk



Start on lyrics, 16 counts into music

S1: ROCK, RECOVER, COASTER STEP, 3 WALKS, ROCK

1-2 rock forward right, recover to left
3&4 right back, left together, step forward right
5-6 walk forward left, then right
7-8 walk forward left, rock forward right

S2: RECOVER ¼ TURN LEFT, CROSS SHUFFLE, VINE ¼ LEFT, FORWARD SHUFFLE

1 recover to left ¼ turn left (9:00)

Restart Wall 4 (facing 6:00) restart after count 1

2&3 right cross step over left, left side, right cross over left
4-5-6 left side, right behind, left side ¼ turn left (6:00)
7&8 right forward, left together, right forward

S3: ROCK, RECOVER, ½ SHUFFLE LEFT, 2 WALKS, ROCK, RECOVER, ¼ COASTER RIGHT

1-2 rock forward left, recover to right
3&4 left ½ shuffle over left, stepping left, right, left (12:00)
5-6 walk forward right, then left
7&8&1 rock forward on right, recover to left, (turning over right) ¼ turn right back, left together, step right forward
2 Step left forward

Restart during wall 4 (facing 6:00) – (9 counts) Up to count 1 of section 2 (recover ¼ left)

Tag 1: End of wall 7 (facing 9:00) – (2 counts) Walk right, then left

Tag 2: End of wall 8 (facing 6:00) – (1 count) Hold

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Choreographer's notes: This song reflects the struggles during my first year of university

Last Update - 7 Jan 2020