

Roots Before Branches

COPPER KNOB
BY SHEETS

拍數: 72 牆數: 2 級數: Intermediate waltz
編舞者: Nicola Lafferty (UK) - February 2020
音樂: Roots Before Branches - Room for Two : (Album: Roots Before Branches)



Intro: 24 Count Intro

[1-6] L PAS DE VALSE, ¼ SWEEP CROSS

1,2,3 Step LF to L side, cross RF behind LF, step LF in place
4,5,6 Making ¼ turn R, step RF fwd, sweep LF from back to front, Cross LF over RF (3.00)

[7-12] BACK, ¼ SIDE, CROSS, ½ CURVING FEATHER

1,2,3 Step RF back, step LF to L side making ¼ turn L, cross RF over LF (12.00)
4,5,6 Making a ½ turn over your L shoulder to face 6.00, make a 'C' shape with your steps as you step L, R, L

[13-18] CROSS ROCK, SIDE, CROSS, HOLD

1,2,3 Cross rock RF over LF, recover weight to LF, step RF to R side
4,5,6 Cross LF over RF (face 7.30), hold for 2 counts (*optional arm – reach R arm slowly forward)

[19-24] BASIC BACK, STEP BACK, HOLD, RECOVER

1,2,3 Facing 7.30, walk back R, L, R
4,5,6 Rock LF back, hold, recover weight to RF (7.30)

[25-30] DIAMOND FALLAWAY

1,2,3 Step LF fwd to 7.30, make 1/8 turn L as you step RF to R side (6.00), make 1/8 turn L to 4.30 as you step LF back
4,5,6 Facing 4.30, step RF back, making 1/8 turn L to 3.00 step LF to L side, making 1/8 turn to 1.30, step RF fwd

[31-36] DIAMOND FALLAWAY, COLLECT

1,2,3 Step LF fwd to 1.30, make 1/8 turn L to 12.00 as you step RF to R side, make ¼ turn L to 10.30 as you step LF back
4,5,6 Facing 10.30, step RF back, making 1/8 turn L to 9.00 step LF to L side, collect RF beside LF (keeping weight on RF)

[37-42] TURNING TOUCHES WITH HOLDS

1,2,3 Make ¼ turn R as you step RF fwd, touch LF to L side, hold
4,5,6 Make ¼ turn L as you step LF fwd (9.00), make a ¼ turn L as you touch RF to R side (6.00)

[43-48] TURNING TOUCH WITH HOLD, TWINKLE ½ TURN

1,2,3 Make ¼ turn R as you step RF fwd (9.00), make ¼ turn R as you touch LF to L side (12.00)
4,5,6 Cross LF over RF, make ¼ turn L as you step RF back (9.00) make ¼ L as you step LF to L side (6.00)

[49-54] BASIC FWD, BASIC BACK (TO DIAGONAL)

1,2,3 Making ¼ turn to face 4.30, step RF fwd, close LF to RF, step RF in place
4,5,6 Step LF back, close RF to LF, step LF in place (4.30)

[55-60] R TWINKLE, WEAVE

1,2,3 Step RF fwd to 4.30, square up to 6.00 as you step LF to L side, step RF to R diagonal
4,5,6 Cross LF over RF, step RF to R side, cross LF behind RF

[61-66] SLOW SWAY, QUICK SWAYS, HOLD

1,2,3 Step RF to R side as you slowly sway your body to the right (*optional arms – burst both arms open)

4,5,6 Sway body to L, sway body to R, hold

[67-72] FULL ROLLING VINE TO L, CROSS UNWIND

1,2,3 Make $\frac{1}{4}$ turn L step LF fwd (3.00), making a $\frac{1}{2}$ turn L step RF back (9.00), make $\frac{1}{4}$ turn L as you step LF to side (6.00)

4,5,6 Cross RF over LF, slowly unwind over L shoulder keeping weight to LF (*optional variation – add in a double spiral)

Begin again
