

Within These Walls

COPPER KNOB
BY STEPHEN BISHOP

拍數: 48 牆數: 2 級數: Improver
編舞者: Steve Bisson (UK) & Denise Bisson (UK) - May 2020
音樂: Walls - Brother Phelps : (amazon.co.uk)



Many thanks to Ruth Brown for the music and the inspiration!
Dedicated to all those dancers suffering from "lockdown" syndrome!!

Intro: 16 counts - start just before vocals. Tag and Restart on wall 3, 4 count tag end of wall 5.

Weave Right, Side Rock Step, Cross Shuffle

1-2 Step right to right side, step left behind right
3-4 Step right to right side, step left over right
5-6 Rock right to right side, recover on left
7&8 Cross right over left, step left to left side, cross right over left

Hinge Turn, Left Forward Step Lock, Step, Right Forward Rock Step, Long Step Back, Drag and touch

1-2 Step left back making 1/4 turn right, step right forward making 1/4 turn right [6:00]
3&4 Step left forward, lock right behind left, step left forward
5-6 Rock right forward, recover on left
7-8 Long step right back, drag and touch left beside right

Weave Left, Side Rock Step, Cross Shuffle

1-2 Step left to left side, step right behind left
3-4 Step left to left side, step right over left
5-6 Rock left to left side, recover on right
7&8 Cross left over right, step right to right side, cross step left over right

Modified 1/2 Monterey, Forward, Point, Forward, Point

1-2 Point right to right side, Hold
&3-4 Turning 1/2 on ball of left foot step right beside left, touch left to left side, step left beside right [12:00]
5-6 Step right forward, point left to left side
7-8 Step left forward, point right to right side

***2 count Tag and Restart here during wall 3 - Cross rock right over left, recover on left then Restart from the beginning.**

Jazz Box, 1/4 Pivot Turn Left x 2 (Paddle Turns)

1-2 Cross right over left, step left back to left diagonal
3-4 Step right to right side, step left forward
5-6 Step right forward, pivot 1/4 turn left (weight on left) [9:00]
7-8 Step right forward, pivot 1/4 turn left (weight on left) [6:00]

Figure Of Eight Weave

1-2 Step right to right side, step left behind right
3-4 Step right forward making 1/4 turn right, step left forward [9:00]
5-6 Pivot 1/2 turn right (weight on right), step left to left side making 1/4 turn right [6:00]
7-8 Step right behind left, step left to left side

Repeat

Tag at end of wall 5 (at 12:00): Touch Side, Touch Forward, Touch Side, Flick Behind

1-2 Touch right to right side, touch right forward

3-4 Touch right to right side, flick right behind left

Contact: steveandenise@gmail.com

Last Update – 3 June 2020
