

All Of My Days

COPPER KNOB
BY SHEETS

拍數: 48 牆數: 2 級數: Intermediate
編舞者: Isabella Horne (AUS) - August 2020
音樂: Better Place - The Shires : (3:11)



Dance begins after count 24 (on lyrics)

Cross rock, recover, cross rock, recover, back lock step, touch behind, ¼ pivot

1,2&3,4 Cross rock R over L, recover back onto L, step R slightly to R side, cross rock L over R, recover back onto R

(Restart here on walls 2 & 5)

5&6 Step L back, lock R over L, step L back

7,8 Touch R behind L, unwind 1/4 turn R (3:00)

2x sailor steps, point front, side, together, 1/4 flick, walk fwd, mambo fwd

1&2 Step R behind L, step L to L side, step R to R side

3&4 Step L behind R, step R to R side, step L to L side

5&6& Point R fwd, point R to R side, touch R next to L, whilst making 1/4 turn L flick RF (12:00)

7,8& Walk R fwd, Rock L fwd, recover back onto R

Step back, sweep behind, step back, sweep behind, coaster step, step fwd, step back 1/2 turn, side shuffle

1,2 Step L slightly back, sweep R from front to back, step R slightly back, sweep L from front to back

3&4 Step L back, step R next to L, step L fwd

5,6 Step R fwd, whilst making 1/2 turn R, step back onto L (6:00)

7&8 Step R to R side, bring L next to R, step R to R side,

Step 1/4 turn R, step 1/4 turn R, shuffle fwd, fwd rock, recover, behind, side, cross

1,2 Making 1/4 turn R, step L to L side (9:00), making 1/4 turn R, step R to R side (12:00)

3&4 Step L fwd, bring R next to L, step L fwd

5,6 Rock R fwd, recover back onto L

Restart: Walls 2 & 5 on count 4

7&8 Step R behind L, step L to L side, cross R in front of L

Step, back touch, 1/2 turning sweep, sailor, step, touch, step, touch

1,2,3 Step L to L side, touch R behind L, step R to R side, making a 1/2 turn L, sweep L from front to back (6:00)

4&5 Step L behind R, step R beside L, step L fwd

6,7,8 Touch R next to L, step R fwd, touch L next to R

Full turn, 2x sways, syncopated jazz box, cross samba

1&2 Step L fwd, 1/2 turn L stepping R back (12:00), 1/2 turn L stepping L fwd (6:00)

3,4 Step R to R side, sway R hip to R side, sway L hip to L side

5&6 Cross R over L, step L back, step R to R side,

7&8 Cross L over R, rock R to R side, recover onto L