

Mulan, The Warrior

COPPER KNOB
BY STEPHEN BRETZ

拍數: 36 牆數: 1 級數: High Intermediate
編舞者: Ulises Alonso (ES) - December 2020
音樂: Loyal Brave True - Christina Aguilera : (Album: Disney Mulan)



Intro: 12 Counts at 00:15

Remarks: 1 Restart.

S1: SIDE SWAY, SIDE SWAY x 3, TWINKLE STEP, TURNING ¼ L WEAVE, SIDE BIG STEP WITH DRAG, SIDE, CROSS, TURN LEFT FULL UNWIND, SIDE BIG STEP WITH DRAG, TURN 3/8 LEFT SIDE BIG STEP WITH DRAG

- 1 Step right foot to right and sway upper body to right
- 2&a Recover weight onto left foot and sway hips to left, sway hips to right, sway hips to left
- 3&a Cross right foot over left foot, rock ball of left foot to left, recover weight onto right
- 4&a5 Cross left foot over right foot, turn 1/8 left step right to right, turn 1/8 left cross left foot behind right foot, step right foot a big step to right dragging left toes towards right foot (9.00)
- 6&a7 Step left foot to left, cross right foot over left foot, turn a full left unwind ending weight on right foot, step left foot a big step to left dragging right toes towards left foot (9.00)
- 8 Turn 3/8 left step right foot a big step to right dragging left toes towards right foot (4.30)

S2: TURN ¼ LEFT SIDE BIG STEP WITH DRAG, TURN ¼ LEFT SIDE WITH BACK SWEEP, BEHIND-SIDE-CROSS ROCK, RECOVER, TURN ½ LEFT FORWARD, FORWARD, FORWARD, FORWARD, TURN ½ LEFT PIVOT, BACK BIG STEP WITH DRAG, FORWARD, TURN ½ RIGHT BACK, BACK, BACK WITH DRAG AND BACK FLICK

- 1 Turn ¼ left step left foot a big step to left dragging right toes towards left foot (1.30)
- 2 Turn ¼ left step right foot to right sweeping left foot back (10.30)
- 3&a Cross left foot behind right foot, step right foot to right, cross rock left foot over right foot
- 4&a Recover weight onto right foot, turn ½ left step left foot forward, step right foot forward (4.30)
- 5&a6 Step left foot forward, step right foot forward, turn ½ left pivot keeping weight onto right foot, step left foot a big step back dragging right toes towards left foot (10.30)
- 7&a8 Step right foot forward, turn ½ right step left foot back, step right foot back, step left foot a big step back dragging right toes towards left ending into a right flick back (4.30)

S3: TURNING 3/8 RIGHT TWINKLE STEP, TURNING ¾ LEFT TWINKLE STEP, FORWARD WITH SWEEP, FORWARD WITH SWEEP, CROSS, TURNING ¼ LEFT FORWARD BASIC, TURNING ¼ LEFT FORWARD BASIC, TURNING 3/8 LEFT DIAMOND STEP, BACK BALL TOUCH AND TURN ½ RIGHT PIVOT

- 1&a Cross right foot over left foot, turn ¼ right rock ball of left foot to left, recover weight onto right foot turning a 1/8 right (9.00)
- 2&a3 Cross left foot over right foot, turn ¼ left step right foot back, turn ½ left step left forward, step right foot forward sweeping left foot forward (12.00)
- 4a Step left foot forward sweeping right foot forward, cross right foot over left foot
- 5&a Turn 1/8 left step left foot forward, turn 1/8 left close right foot beside left foot, step left foot in place (9.00)
- 6&a Turn 1/8 left step right foot forward, turn 1/8 left close left foot beside right foot, step right foot in place (6.00)
- 7&a8 Turn 1/8 left step left foot forward, turn ¼ left step right foot to right, step left foot back (1.30), touch right ball of foot back and turn ½ right pivot (keeping weight on left foot) (7.30)

S4: TURNING ¼ RIGHT DIAMOND STEP, BACK BALL TOUCH AND TURN 3/8 LEFT PIVOT, BACK BIG STEP WITH DRAG, TURNING ½ LEFT BACK BASIC, TURNING ½ RIGHT BACK BASIC, FORWARD SMALL STEP WITH TURNING ½ RIGHT SPIN, CROSS ROCK, RECOVER, SIDE, CROSS ROCK

- 1&a2 Turn 1/8 right step right foot forward, turn 1/8 right step left foot to left, step right foot back (10.30), touch left ball of foot back and turn 3/8 left pivot (keeping weight on right foot) (6.00)
- 3 Step left foot a big step back dragging right toes towards left foot

- 4&a Step right foot back, turn ½ left step left foot forward, close right foot beside left foot (12.00)
5&a Step left foot back, turn ½ right step right foot forward, close left foot beside right foot (6.00)
6 Step right foot a small step forward and turn ½ right spin and touch left toes beside right (12.00)
7 Cross rock left foot over right foot
8&a Recover weight onto right foot, step left foot to left, cross rock right foot over left foot

S5: RECOVER, SIDE CROSS, SIDE BIG STEP WITH DRAG, SIDE BIG STEP WITH DRAG, SIDE BIG STEP WITH DRAG, CLOSE TOGETHER

- 1&a2 Recover weight onto left foot, step right foot to right, cross left foot over right foot, step right foot a big step to right dragging left foot towards right foot
3 Step left foot a big step to left dragging right toes towards left foot
4& Step right foot a big step to right dragging left toes towards right foot, close left foot beside right foot

DANCE ENDS HERE!

RESTART: (Wall 2) Dance up to count 7 in S1, turn ¼ RIGHT to face 12.00 step right foot a big step to right dragging left toes towards right foot on count 8, close left foot beside right foot on count &. Restart dance from beginning.

FINISH: Music will slow down slightly from count 5 of S4 during Wall 4. Slow down your dance steps with the music for next 2 counts and you will finish the dance facing 12:00 on count 7.

Last Update - 16 Dec. 2020
