

I'll Quiet the Storm

COPPER KNOB
BY SHEETS

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Agnes Gauthier (FR) - February 2021
音樂: I'll Quiet the Storm - Didier Beaumont



#16 Count Intro - Translation by Alvie Aguilar via Google Translate

S1 : RF STEP, LF SWEEP, LF STEP, RF SWEEP, JAZZ BOX ¼ TURN R CROSS

1-2 Right forward, left sweep from back to front,
3-4 LF forward, RF sweep from back to front
5-8 R cross over left, left behind, ¼ turn right RF to right, left cross over right (3:00)

S2 : RF SLIDE, LF ROCK STEP BACK, LF SLIDE, RF ROCKSTEP BACK AND ¼ TURN R

1-2 Large right step on 2 counts
3-4 L Rock step back, Recover R
5-6 Large left step on 2 counts
7-8 R rock step backward, return of body weight on L by making 1/4 turn to the right (6:00)

S3 : RF STEP ½ TURN L, RF STEP, HOLD, PIVOT ½ TURN R, PIVOT ½ TURN R, LF STEP, HOLD

1-4 Step R forward, ½ turn left body weight on left, RF forward, hold (12:00)
5-8 ½ right stepping L back, ½ turn right R fwd, left fwd, hold (12h)

S4 : RF ROCK STEP FWD, RF SIDE ROCK, RF BEHIND SIDE CROSS, LF SWEEP

1-2 R Rock step forward, return of body weight to left
3-4 R Rock step to the right, body weight return to left
5-6 R cross behind LF, LF to the left,
7-8 R cross over left, Sweep left from back to front

S5 : LF CROSS OVER, RF SIDE, LF BEHIND, RF SWEEP, RF BEHIND, ½ TURN R, LF TOGETHER, RF WALK, LF WALK

1-2 L cross over RF, RF to the right
3-4 L cross behind RF, RF sweep from front to back
5-6 R cross behind left, ½ turn right and left next to right (6:00)
7-8 Step R fwd, Step L fwd

S6 : RF STEP, HOLD, WEIGHT ON LF, RF BACK, LF BACK, RF HOOK, RF STEP, LF LOCK

1-2 R in front by tilting the weight of the body on the tips of the feet, Hold
3-4 Come back down putting your body weight on left, right behind
5-6 Step L back, R hook in front of left shin
7-8 Step R forward, left lock behind right

S7 : RF STEP, HOLD, LF STEP ¼ TURN R, LF STEP FWD, RF POINT SIDE, RF STEP FWD, LF POINT SIDE

1-2 R forward, Hold
3-4 L forward, ¼ turn right body weight on right (9:00)
5-6 Step L forward, Point R to right
7-8 Step R forward, Point L to left

S8 : LF CROSS OVER, RF SIDE, ¼ TURN L LF SIDE, HOLD, FWD ROCK STEP, FULL TURN R, L TOGETHER

1-2 Cross L over RF, RF to the right
3-4 ¼ turn left LF to left, hold (6:00)
5-6 RF Rock step forward, bodyweight return to left

7-8 3 /4 turn right RF forward, ¼ to right stepping left next to RF (6:00)

START AGAIN WITH A SMILE !!!!
