

Gravity

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Beginner
編舞者: Derek Robinson (UK) - August 2021
音樂: The Apple Came Down - Runrig : (Album: Beat the Drum)



After a long vocal introduction, start the dance 16 counts after the beat kicks in - One easy restart

Sec 1: CROSS ROCK, CHASSE RIGHT, CROSS ROCK, CHASSE ¼ TURN

- 1-2 Cross rock forward on right, recover onto left
- 3&4 Step right to right side, step left beside right, step right to right side
- 5-6 Cross rock forward on left, recover onto right
- 7&8 Step left to left side, step right beside left, turn ¼ left stepping forward on left (9.00)

Sec 2: FORWARD ROCK, SHUFFLE BACK ½ TURN (x2), BACK ROCK

- 1-2 Rock forward right, recover onto left
- 3&4 Shuffle back ½ turn right, stepping - R L R (3.00)
- 5&6 Shuffle back ½ turn right, stepping - L R L (9.00)

(Easy alternative - shuffle back R.L.R, shuffle back L R L)

- 7-8 Rock back on right, recover onto left

(Restart here on wall 4, facing 6.00 for restart)

Sec 3: JAZZ BOX ¼ TURN, CROSS, SIDE ROCK, BEHIND, SIDE

- 1-2 Cross right over left, turn ¼ right stepping back on left (12.00)
- 3-4 Step right to right side, cross left over right
- 5-6 Rock to right side on right, recover onto left
- 7-8 Cross right behind left, step left to left side

Sec 4: FORWARD ROCK, SHUFFLE ½ TURN, FORWARD ROCK, ¼ TURN, HOLD & CLAP

- 1-2 Rock forward on right, recover onto left
- 3&4 Shuffle ½ turn right, stepping - R L R (6.00)
- 5-6 Rock forward on left, recover onto right
- 7-8 Turn ¼ left stepping left to left side, hold & clap (3.00)

Begin again
