

Infinite Compassion (CBA 2022)

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Ria Vos (NL) - January 2022
音樂: I Will Help You - Ilse DeLange



Intro: 32 Counts (± 21 sec.) on the word 'Damage'

Back, Drag, Ball- Walk, Walk, Hip & Step Fwd, ½ L Hip & Step Fwd

1-2& Big Step Back on R, Drag L Towards R, Step on Ball of L Next to R
3-4 Walk Fwd R, Walk Fwd L
5&6 Touch R Fwd Pushing Hip Fwd, Recover, Step R Fwd
7&8 ½ Turn L Touch L Fwd Pushing Hip Fwd, Recover, Step L Fwd (6:00)

Cross Rock, Ball-Cross, ¼ L Step Back, Rock Back, Full Turn R

1-2& Cross Rock R Over L, Recover on L, Step on Ball of R to R Side
3-4 Cross L Over R, ¼ Turn L Step Back on R (3:00)
5-6 Rock Back on L, Recover on R
7-8 ½ Turn R Step Back on L, ½ Turn R Step Fwd on R (3:00)

¼ R Side, Drag, 1/8 R Ball-Walk, Walk, 1/8 R Side, Touch-Ball-Cross, Side

1-2& ¼ Turn R Big Step L to L Side, Drag R Towards L, Step on Ball of R Next to L (6:00)
3-4 1/8 Turn R Walk Fwd L, Walk Fwd R (7:30)
5 1/8 Turn R Step L to L Side (9:00)
6&7 Touch R Next to L, Step on Ball of R Next to L, Cross L Over R
8 Step R to R Side

Rock Back, Side, Behind, Hitch/Rondé, Point Behind, 5/8 Turn L, Full Turn L

1-2& Rock Back on L, Recover on R, Step L to L Side
3-4 Step R Behind L, Hitch/Rondé L from Front to Back
5-6 Point L Behind, Unwind 5/8 Turn L Stepping Weight on L (1:30)
7-8 ½ Turn L Step Back on R, ½ Turn L Step Fwd on L (1:30)

Rock Fwd, & Rock Fwd, Back Shuffle, Shuffle ½ Turn R

1-2& Rock Fwd on R, Recover on L, Step R Next to L
3-4 Rock Fwd on L, Recover on R
5&6 Shuffle Back Stepping L-R-L
7&8 Shuffle ½ Turn R Stepping R-L-R (7:30)

Step Fwd, Anchor, Sweep/Step Back x2, Behind, 3/8 L Fwd, Step Pivot ½ Turn L

1-2& Step Fwd on L, Rock/Step R Behind L Heel, Recover on L
3-4 Step Back on R Sweeping L, Step Back on L Sweeping R
5-6 Step Back on R, 3/8 Turn L Step Fwd on L (3:00)
7-8 Step Fwd on R, Pivot ½ Turn L (9:00)

½ Turn L Back, Sweep, Behind, Side, Cross, Side, Drag, Ball-Cross, ¼ R Step Back

1-2& ½ Turn L Step Back on R, Sweep L from Front to Back, Step L Behind R (3:00)
3-4 Step R to R Side, Cross L Over R
5-6& Step R Big Step to R Side, Drag L Towards R, Step on Ball of L Next to R
7-8 Cross R Over L, ¼ Turn R Step Back on L (6:00) ***Restart Point

¼ R, Point, ¼ L, ½ L, ¼ L, Point, ¼ R, ½ R

1-2 ¼ Turn R Step R to R Side, Point L to L Side (9:00)

- 3-4 ¼ Turn L Step Fwd on L, ½ Turn L Step Back on R (12:00)
- 5-6 ¼ Turn L Step L to L Side, Point R to R Side (9:00)
- 7-8 ¼ Turn R Step Fwd on R, ½ Turn R Step Back on L (6:00)

Restart: After Count 56 on Wall 3 (6:00)

Restart with Tag: After Count 56 on Wall 4 (12:00) add 4 Count Tag:

- 1-2 ¼ Turn R Step R to R Side, Point L to L Side
 - 3-4 ¼ Turn L Step Fwd on L, Touch R Next to L
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