

Livin' for Tomorrow

COPPER KNOB
BY STEPHEN BRETZ

拍數: 74 牆數: 2 級數: Phrased Advanced
編舞者: Shane McKeever (N.IRE) - March 2022
音樂: Candyman - Zedd & Aloe Blacc



Intro: 16 counts from very first beat in music (app 8. secs into track). Start with weight on L foot (facing 10:30)
Sequence: A, B, B, Tag 1, A, Tag 2, B, B, B, B, Tag 3 (which is the Ending!)

A Part: 42 counts, 1 wall

[1 – 8] 1/8 Sweep, cross, R basic, ¼ R, run ¾ R with sweep, cross

- 1 – 2 Step R fwd and sweep L 1/8 R (1), cross L over R (2) 12:00
3 – 4& Step R a big step to R side (3), step L behind R (4), cross R over L (&) 12:00
5 – 6&7 Turn ¼ R stepping back on L (5), turn ½ R stepping R fwd (6), turn 1/8 R stepping L fwd (&),
turn 1/8 R stepping R fwd with a L sweep from back to front (7) 12:00
8 Cross L over R (8) 12:00

[9 – 16] Side rock behind X 2, side R, fwd L, R fwd into L spiral turn, run around ½ L, fwd R

- 1&2 Rock R to R side (1), recover on L opening body up to R diagonal (&), cross R behind L (2)
12:00
&3& Rock L to L side (&), recover on R opening body up to L diagonal (3), cross L behind R (&)
12:00
4&5 Step R to R side (4), step L fwd (&), step R fwd spiralling a full turn L (5) 12:00
6&7 Step L fwd (6), turn 1/8 L stepping R fwd (&), turn 1/8 L stepping L fwd (7) 9:00
8 Turn 1/8 L stepping R fwd (8) 7:30

[17 – 24] 1/8 sweep, cross, L basic, ¼ L, run ¾ L with sweep, cross

- 1 – 2 Step L fwd and sweep R 1/8 L (1), cross R over L (2) 6:00
3 – 4& Step L a big step to L side (3), step R behind L (4), cross L over R (&) 6:00
5 – 6&7 Turn ¼ L stepping back on R (5), turn ½ L stepping L fwd (6), turn 1/8 L stepping R fwd (&),
turn 1/8 L stepping L fwd with a R sweep from back to front (7) 6:00
8 Cross R over L (8) 6:00

[25 – 32] Side rock behind X 2, side L, fwd R, L fwd into R spiral turn, run around ½ R, fwd L

- 1&2 Rock L to L side (1), recover on R opening body up to L diagonal (&), cross L behind R (2)
6:00
&3& Rock R to R side (&), recover on L opening body up to R diagonal (3), cross R behind L (&)
6:00
4&5 Step L to L side (4), step R fwd (&), step L fwd spiralling a full turn R (5) 6:00
6&7 Step R fwd (6), turn 1/8 R stepping L fwd (&), turn 1/8 R stepping R fwd (7) 10:30
8 Turn 1/8 R stepping L fwd (8) 12:00

[33 – 42] 7/8 diamond fallaway, step ½ L X 2

- 1 – 2& Step R to R side (1), turn 1/8 L stepping L back (2), step R back (&) 10:30
3 – 4& Turn 1/8 L stepping L to L side (3), turn 1/8 L stepping R fwd (4), step L fwd (&) 7:30
5 – 6& Turn 1/8 L stepping R to R side (5), turn 1/8 L stepping L back (6), step R back (&) 4:30
7 – 8& Turn 1/8 L stepping L to L side (7), turn 1/8 L stepping R fwd (8), step L fwd (&) 1:30
9&10& Step R fwd (9), turn ½ L stepping L fwd (&), step R fwd (10), turn ½ L stepping L fwd (&) 1:30

B Part: 32 counts/2 walls

[1 – 8] 1/8 L Step R with Arm Movements and ¼ Turn L

- 1&2 Make 1/8 L stepping R to R side swinging L arm over R arm (1), Rotate L arm to L and R arm
to R keeping elbow to wrist together ending with R arm over L arm (&), move R arm to R and
L arm to L fully extending arms shoulder width apart (2) 12.00

- 3 – 4 Pop chest fwd pulling arms back (3), recover chest to neutral extending arms again (4) 12.00
- 5 – 6 Lean to R side turning body to R diagonal crossing L arm over R arm (5), place L hand on R elbow and R hand under L elbow (6) 12.00
- 7 – 8 Transferring weight from R to L lift R elbow up (7), Lift L elbow dropping R elbow (&), turn ¼ L levelling elbows (8) (drop arms after this count) 9.00

[9 – 16] Bend point & drag R&L, bend & point R side, together, side L, drag together

- 1 – 2 Bend in L knee pointing R fwd (1), drag R to L straightening in L knee (2) 9:00
- 3 – 4 Bend in R knee pointing L fwd (3), drag L to R straightening in R knee (4) 9:00
- 5 – 6 Bend in L knee pointing R to R side (5), drag R to L straightening in L knee (6) 9:00
- 7 – 8 Step L a big step to L side (7), drag and touch R next to L (8) 9:00

[17 – 24] Hitch ball step, ¼ R with knees bent, cross point, twist toes heels toes with ¼ L

- 1&2 Hitch R knee (1), step R down (&), step L fwd (2) 9:00
- 3&4 Step L fwd bending in knees (3), with knees bent turn ¼ R (&), straighten in knees changing weight to R (4) 12:00
- 5 – 6 Cross point L over R (5), step L to L side twisting L and R toes to L diagonal (6) 12:00
- 7 – 8 Twist heels to L (7), twist toes to the L turning to 9:00 (8) 9:00

[25 – 32] Step turn turn, sweep, slow sailor ¼ L, snap fingers

- 1 – 2 Step R fwd (1), turn ½ L stepping L fwd (2) 3:00
- 3 – 4 Turn ½ L stepping back on R (3), sweep L from front to back (4) 9:00
- 5 – 6 Cross L behind R (5), turn ¼ L stepping L next to R (6) 6:00
- 7 – 8 Step L fwd (7), snap both fingers out to sides (8) 6:00

Tag 1: 7/8 of a Diamond, step ¼ L

- 1 – 2& Step R to R side (1), turn 1/8 L stepping L back (2), step R back (&) 10:30
- 3 – 4& Turn 1/8 L stepping L to L side (3), turn 1/8 L stepping R fwd (4), step L fwd (&) 7:30
- 5 – 6& Turn 1/8 L stepping R to R side (5), turn 1/8 L stepping L back (6), step R back (&) 4:30
- 7 – 8& Turn 1/8 L stepping L to L side (7), turn 1/8 L stepping R fwd (8), turn ¼ L onto L (&) 10:30

Tag 2: 1/8 L side R arms up

- 1 – 2 Turn 1/8 L stepping R to R side throwing arms up above head (1), Hold (2) 12:00

Tag 3: 7/8 Diamond

- 1 – 2& Step R to R side (1), turn 1/8 L stepping L back (2), step R back (&) 10:30
- 3 – 4& Turn 1/8 L stepping L to L side (3), turn 1/8 L stepping R fwd (4), step L fwd (&) 7:30
- 5 – 6& Turn 1/8 L stepping R to R side (5), turn 1/8 L stepping L back (6), step R back (&) 4:30
- 7 – 8& Turn 1/8 L stepping L to L side (7), turn 1/8 L stepping R fwd (8), step L fwd (&) 1:30

[9 – 17] Step ½ X 2, 1/8 L side R, arms up over 4 counts, arms down into praying position

- 1 – 2 Step R fwd (1), turn ½ L onto L (2) 7:30
 - 3 – 4 Step R fwd (3), turn ½ L onto L (4) 1:30
 - 5 – 9 Turn 1/8 L stepping R to R side starting to throw arms out to the sides (5), bring both arms up to meet with palms together (6-8), bring both arms down in front of chest into a praying position (9) 12:00
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