

Problems and Demons

COPPER KNOB
BY SHEETS

拍數: 32 牆數: 4 級數: High Intermediate
編舞者: Jessica Boström (SWE) - May 2022
音樂: All Of It All - Lukas Graham : (iTunes, Spotify etc.)



Intro 16 counts. App.10 secs. into music. Start with weight on L foot. Start on the word Delirious.

Section 1 (1-8) R Dorothy, L Dorothy, Step Turn ½ Turn ½, Behind ¼ Turn Step

1-2 & Step R to Right diagonal, lock L behind R, step R to Right diagonal
3-4 & Step L to Left diagonal, lock R behind L, step L to Left diagonal
5-6-7 Step forward on R, turn ½ Left and step fwd on L, turn ½ Left and step back on R while sweeping L from front to back
8&1 Cross L behind R, turn ¼ Right step fwd on R, step fwd on L (3.00)

Section 2 (9-16) Step Turn ½, ¼ Side Rock Cross, Side Hold, Ball Side, Together

2 Turn ½ Right and step fwd on R (9 o'clock)
3&4 Turn ¼ Right rock L to Left side, recover on R, cross L over R (12.00)
5-6 &7-8 ** Step R to Right side, HOLD, step L beside R, step R to Right side, Step L beside R
*(Restarts here)

Section 3 (17-24) Half Monterey Turn, L Side Mambo ¼, R Fwd Mambo, L Shuffle

1-2 Point R to Right side, turn ½ Right and step R beside L (6.00)
3 & 4 Rock L to Left side, turn ¼ Right stepping onto R, step fwd on L (9.00)
5 & 6 Rock fwd on R, recover on L, step R beside L (Push hips back)
7 & 8 Step fwd on L, Step R beside L, step fwd on L

Section 4 (25-32) Box Full Turn Left, Step Touch, Step Touch, Back Together

1-2 Turn ¼ Left and step R to Right side, turn ¼ Left step L to Left side. (3.00)
3-4 Turn ¼ Left and step R to Right side, turn ¼ Left step L to Left side. (9.00)
5 & 6 & Step R fwd on Right diagonal, touch L beside R, step L fwd on Left diagonal, touch R beside L
7-8 Big Step back on R, step L beside R

*Restart after 16 counts on wall 2, 4 and 9

There is a Step change on wall 5 in section 2, to hit the break in the music.

Count 4 says Pause in the lyrics...Now change your steps to: Hold Hold, & Cross & Cross

5-6 HOLD, HOLD
&7&8 Step R to Right, cross L over R, step to Right, cross L over R. (on lyrics Rewind and Reset)

Tag after 16 counts on Wall 7. Starts facing 12.00 and ends facing 3.00.

Sect 1 (1-8) Step Sweep Cross Back, Back Sweep Behind Side

1-2-3-4 Step forward on R, sweep L from back to front, cross L over right, step back on R
5-6-7-8 Step back on L, sweep R from front to back, cross R behind L, step L to Left side

Sec 2 (9-16) R Lean Turn, Walk Walk, L Lean Turn, Walk Walk

1-2 Turn ¼ Left and lean onto R to Right side as you lift a straight L leg up from the floor and continue turning another ¼ Left over 2 counts. Weight is on R for both counts 1-2 (6.00)
3-4 Walk L, Walk R
5-6 Turn 1/4 Right and lean onto L to Left side as you lift a straight R leg up from the floor and continue turning another 1/4 Right over 2 counts. Weight is on L for both counts 5-6 (12.00)
7-8 Walk R, Walk L

Sect 3-4 (17-32) Turn ¼ Right. Now Facing 3.00 Repeat Section 1 and 2. Start again, now facing 3.00.

**** Optional step changes on wall 3, 6 and 8 in section 2, to hit the lyrics: All Of It All Of It All ****

Side Touch Side Touch Side Together

5&6& Step R to Right side, touch L beside R, step L to Left side, touch R beside L

7-8 Step R to Right side, step L beside R

Ending on wall 10 in sect. 2:

7-8 Step R to Right side, TOUCH L beside R and snap/click fingers with R hand and look Right.

Choreographers note: The Level is set to High Intermediate due to all the step changes, restarts and the tag that makes the dance fit perfect to the music. Ones you know and listen to the song, it is actually not that hard. Enjoy and just have fun with it!

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