

Courage to Change

COPPER KNOB
BY SHEETS

拍數: 64 牆數: 4 級數: Advanced

編舞者: Hiroko Carlsson (AUS) - December 2022

音樂: Courage to Change (Michael Calfan Remix) - Sia : (Spotify/Apple Music /Deezer)



Please feel free to contact me if you need any further information. (hirokoclinedancing@gmail.com)

(Dance starts on lyrics)

[S1] Step-Pivot 1/4L, Cross Shuffle, 1/4R-1/2R, Shuffle Fwd

1 2 Step forward on R, Make a ¼ turn left recover weight on L (9:00)
3&4 Cross shuffle on R-L-R
5 6 Make a ¼ turn right stepping back on L, Make a ¼ turn right stepping forward on R (6:00)
7&8 Shuffle forward on L-R-L

[S2] 1/4L Ball-Back Rock, 1/4R Toe Strut, 1/4R Ball-Cross Rock-Side-Cross, Side-Together

&1 2 Make a swift ¼ turn left stepping to the side on ball of R (3:00), Rock back on L, Replace weight on R
3 4& Make a ¼ turn right touch L toe back (6:00), Drop L heel on the floor, Make a swift ¼ turn right stepping to the side on ball of R (9:00)
5 6& Rock L over R, Replace weight on R, Step L to the side
7 8& Cross R over L, Step L to the side, Step R together

[S3] Modified Rumba Box, Back Rock, Fwd-Together-Back-

1 2 3 Step L to the side, Step R next to L, Step forward on L
4& Step R to the side, Step L next to R
5 6 Rock back on R, Replace weight on L
7 8& Step forward on R, Step L together, Step back on R-

[S4] -Back Rock, Fwd-Together-Back, Back Rock-1/2L-Side

1 2 - Rock back on L, Replace weight on R
3 4& Step forward on L, Step R together, Step back on L
5 6 Rock back on R, Replace weight on L
7 8 Make a ½ turn left stepping back on R (3:00), Step L to the side

[S5] Cross Samba, Behind-1/4R-Fwd-1/2R, Triple Turn, Step-Pivot 1/4R

1&2 Cross R over L, Rock L to the side, Replace weight on R
3&4 Step L behind R, Make a ¼ turn right stepping forward on R (6:00), Step forward on L
5 Make a ½ turn right weight ends on L
6&7 Triple full turn right on R-L-R (moving forward)
8& Step forward on L, Make a ¼ turn right recover weight on R (3:00)

[S6] Cross Samba, Behind, 1/4L, Step-Pivot 1/2L, 1/2L Shuffle Back-

1&2 Cross L over R, Rock R to the side, Replace weight on L
3 4 Step R behind L, Make a ¼ turn left stepping forward on L (12:00)
5 6 Step forward on R, Make a ½ turn left recover weight on L (6:00)
7&8 Making a ½ turn left shuffle back on R-L-R (12:00)-

[S7] -1/4L Ball-Cross Rock, Side-Touch-Side Rock, Cross Rock-Side-Touch-Side-Point-

&1 2 - Make a swift ¼ turn left stepping to the side on ball of L (9:00), Rock R over L, Replace weight on L
3 4 Step R to the side, Touch L next to R
&5 Rock L over R, Replace weight on L

6 7& Rock R over L, Replace weight on L, Step R to the side
8&1 Touch R next to L, Step R to the side, Point L to the side-

[S8] -1/4L-1/2L w/ Sweep, Behind-Side, Cross-Unwind 3/4R, Back Rock

2 3 Make a ¼ turn left stepping forward on L, Make a ½ turn left stepping back on R sweeping L around (12:00)
4& Step L behind, Step R to the side
5 6 Touch/ cross L over R, Unwind 3/4R weight ends on L (9:00)
7 8 Rock back on R, Replace weight on L

Tag at the end of Wall 2 (6:00) – Rocking Chair

1 2 3 4 Rock forward on R, Replace weight on L, Rock back on R, Replace weight on L

Ending suggestion: The last wall starts facing 12:00. Dance up to Section 4 count 8 (3:00). Then, Make a ¼ turn left stepping R to the side (12:00)

(updated: 14/Dec/22)
