

Something Inside

COPPER **KNOB**
BY STEPHEN

拍數: 64 牆數: 1 級數: Phrased
編舞者: Toni Scholefield (CAN) - January 2023
音樂: Elgar / Something Inside - Steve Erdody & Jonathan Rhys Meyers



Sequence: A-A-B - A-A-B - Tag (4-count) - A(16-count ending with 1/4 turn right) - B-B (8-count)

Intro: Dance begins on first word of lyrics

Sequence A – 32 counts

STEP SWEEP FORWARD L-R-L, ROCK RIGHT FORWARD, RECOVER LEFT, STEP RIGHT BACK 1/4 LEFT, STEP LEFT TO SIDE, CROSS ROCK RIGHT, RECOVER LEFT, SWAY RIGHT, SWAY LEFT

- 1-2 Step left forward-sweep right forward, step right forward - sweep left forward
3- 4&a Step left forward - sweep right forward, rock right forward, recover on left, step right back turn 1/4 turn left (9:00)
5-6& Step left to side, cross right over left, recover left
7-8 Step right - sway to right side, step left - sway left

CROSS ROCK RIGHT, CHASSE RIGHT, RIGHT FULL TURN, CROSS ROCK LEFT, RECOVER RIGHT, STEP TOGETHER

- 1-2&a Cross right over left, recover on left, step right to side, step left together
3-4 Step right forward 1/4 turn right, spin left 3/4 turn right together (9:00)
5-6 Step right to side, cross left over right
7-8 Recover left, step right together

TWINKLE LEFT 1/4 TURN RIGHT , TWINKLE R- L R, 1/2 TURN RIGHT L-R, 1/2 TURN RIGHT L-R

- 1&a2&a Step left diagonal forward, step right behind left, step left in place step right diagonal forward 1/4 turn right (12:00), step left behind right, step right in place
3&a4&a Step left diagonal forward, step right behind left, step left in place, step right diagonal forward, step left behind right, step right
5-6 Step left foot forward 1/2 turn right, step right forward (6:00)
7-8 Step left foot forward 1/2 turn right, step right forward (12:00)

REVERSE TURN, CROSS LEFT OVER RIGHT, UNWIND 1/2 TURN RIGHT, SAILOR STEP RIGHT BEHIND LEFT, STEP LEFT TO SIDE, STEP RIGHT, TOUCH LEFT TOGETHER

- 1&a2&a Step left forward, step right to side 1/4 turn left, step left together, step right back, step left to side, step right together
3&a4&a Step left forward, step right to side 1/4 turn left, step left together, step right back, step left to side 1/4 turn left, step right together
5-6 Cross left over right, with weight on toes unwind 1/2 turn (12:00)
7&8& Sweep right behind left, step left to side, step right, touch left together

Sequence B – 32 counts

CROSS LEFT OVER RIGHT FORWARD, POINT RIGHT TO SIDE, CROSS RIGHT OVER LEFT FORWARD, POINT LEFT TO SIDE, STEP LEFT BEHIND RIGHT, POINT RIGHT TO SIDE, STEP RIGHT BEHIND LEFT, POINT LEFT TO SIDE

- 1-2 Cross left over right forward, point right to right side
3-4 Cross right over left forward, point left to left side
5-6 Step left behind right, point right to right side
7-8 Step right behind left, point left to let side

BACK TWINKLES X 5, STEP RIGHT FORWARD, STEP LEFT BACK, RIGHT HOOK

- 1&a2&a Cross left behind right, rock right to side, recover on left, cross right behind left, rock left to side, recover on right

- 3&a4&a Cross left behind right, rock right to side, recover on left, cross right behind left, rock left to side, recover on right
- 5&a6 Cross left behind right, rock right to side, recover on left, cross right behind left, step right forward
- 7-8 Step left back, right hook

RIGHT FORWARD 1/4 TURN RIGHT, SWEEP LEFT OVER RIGHT, RIGHT TO SIDE, LEFT BACK, SWEEP RIGHT BEHIND LEFT, LEFT FORWARD 1/4 TURN LEFT, RIGHT TO SIDE, LEFT TOGETHER

- 1-2 Step right forward 1/4 turn right, sweep left over right (3:00)
- 3-4 Step right to side, step left back
- 5-6 Sweep right behind left, step left forward 1/4 turn left (12:00)
- 7-8 Step right to side, step left together

ROLLING VINE LEFT, ROLLING VINE RIGHT

- 1-2 Step left to side 1/4 turn left, step right 1/2 turn left,
- 3-4 Step left 1/4 turn left, touch right
- 5-6 Step right to side 1/4 turn right, step left 1/2 turn right
- 7-8 Step right 1/4 turn right, touch left

Tag: After Wall 6 – B

STEP TOUCH, STEP TOUCH

- 1-2 Step left to side, touch right together
- 3-4 Step right to side, touch left together

Restart: Wall 6 – A - after 16 counts (with 1/4 turn right)

- 7-8 Step right, step right 1/4 turn right to face 12:00
-