

Coming Back Stronger

COPPER KNOB
BY STEPHEN

拍數: 80 牆數: 2 級數: Phrased Advanced
編舞者: Shane McKeever (N.IRE) - December 2022
音樂: Coming Back Stronger - Silverberg & Sarah Reeves



Intro: 16 Counts, approx.. on the lyrics at approx. 18 seconds
Note: Count part A at half time rhythm and part B at regular rhythm
Sequence: AA B A B AA BB

Part A: 16c

[1 – 8] Cross, Side Rock, Cross, Side, Touch, Point, Touch, Side with Sweep, Cross, Side, Back Diagonal Step, Flick, Step, ½ Turn L

1&2& Cross R over L, Rock L to L side, Recover on to R, Cross L over R 12:00
3&4& Step R to R side, Touch L next to R, Point L to L side, Touch L next to R 12:00
5,6&7 Step L to L side sweeping R forward, Cross R over L, Step L to L side, 1/8 Turn R Stepping R back 1:30
&8& Fick L across R looking back over R shoulder, Step L Forward, ½ Turn L stepping R back 7:30

[9 – 16] ½ Turn L Lunging L Forward, Back x2, ½ Turn R Rock, Back, Side, Hand Movements with Chest Pop, Drag In, Run, Run

1,2& ½ Turn L lunging L forward, Recover on to R, Step L Back 1.30
3,4&5 ¼ Turn R Rocking R to R side continue to rotate another ¼ R, Recover on to L, Step R back, Step L to L side 6:00
a6&7 Place R hand on chest, Place L hand on Diaphragm, Pop chest out opening hands, contract chest bring hands back to chest dragging R into L 6:00
8& Walk R forward, Walk L forward 6:00

Part B: 64c

[1 – 8] Scuff, Out Out, Scoopy with 1/8 turn, Point Forward, Point Side, Sailor Step ¼ Turn

1&2 Scuff R, Step R to R diagonal, Step L to L 12:00
3,4 Roll R knee in, Roll R knee out placing weight on to R angling body to R diagonal 1:30
5,6 Point L forward, Point L to L 1:30
7&8 Cross L behind R, Step R next to L, Step L to L making ¼ turn L 11:30

[9 -16] Cross, 3/8 turn R Step Back, Kick Ball Cross, Slide, Hold, Behind, Side, Cross

1,2 Cross R over L, 3/8 Turn R stepping L back 3:00
3&4 Kick R forward, Step R next to L, Cross L over R 3:00
5,6 Slide R to R, Hold 3:00
7&8 Cross L behind R, Step R to R, Cross L over R 3:00

[17 – 24] 1/8 Turn R Rock Forward, Behind, 1/8 Turn L Step Side, Cross, ¼ Turn L Step Forward, ½ Turn L Step Back, Coaster Step

1,2 Making 1/8 turn R Rocking R forward (optional muscle arms), Recover on to L 4:30
3&4 Cross R behind L, 1/8 turn L stepping L to L, Cross R over L 3:00
5,6 ¼ turn L Stepping L forward, ½ turn L stepping R back 6:00
7&8 Step L back, Step R next to L, Step L forward 6:00

[25 – 32] Rock Step, ¼ Turn R Side Step, Look and Click, Full Turn, L Side Chassé

1,2 Rock R forward, Recover on to L 6:00
3,4 ¼ turn R stepping R to R, Look to 12:00 and click R hand 9:00
5,6 ¼ turn L recovering weight on to L, ½ turn L stepping R back 12:00
7&8 ¼ turn L stepping L to L, Step R next to L, Step L to L 9:00

[33 – 40] 1/8 Turn L Kick R, Step Forward, Touch Behind, Back, Kick Ball Forward, Pivot ½ Turn R, ½ Turn R Step Back, Coaster Step

1&2 1/8 turn L Kicking R forward, Step R forward, Touch L behind R 7:30
&3&4 Step L back, Kick R forward, Step R next to L, Step L forward 7:30
5,6 ½ Turn R transferring weight to R, ½ turn R stepping L back 7:30
7&8 Step R back, Step L next to R, Step R forward 7:30

[41 – 48] Stomp Out Out, Back Slide, Hold, Ball Forward, Rock, 1/8 Turn R Side Chassé

&1,2,3 Stomp L to L diagonal, Stomp R to R, Slide L back, Hold 7:30
&4 Step R next to L, Step L forward 7:30
5,6 Rock R forward, Recover onto L 7:30
7&8 1/8 turn R Stepping R to R, Step L next to R, Step R to R 9:00

[49 – 56] Weave, ¼ Turn R Step Forward, Step Pivot ¼ Turn R, Cross Shuffle

1,2 Cross L over R, Step R to R 9:00
3,4 Cross L behind R, ¼ Turn R stepping R forward 12:00
5,6 Step L forward, ¼ turn R Transferring weight to R 3:00
7&8 Cross L over R, Step R to R, Cross L over R 3:00

[57 – 64] Side, 1/8 Turn R Bend, Hitch, Point, Turn 3/8 Turn with Bend, Hitch, Step Pivot ½ Turn L

1,2 Step R to R bending both knees, Staying in that crouched position 1/8 Turn R 4:30
3,4 Straightening up hitch L knee, Touch L back bending knees 4:30
5,6 3/8 turn L transferring weight to L with knees bent, Straightening up hitch R knee 12:00
7,8 Step R forward, ½ Turn L Transferring weight to L 6:00

Ending: Facing 9:00 after 32, Cross R over L, Unwind ¾ L to 12:00 finishing with weight on R, arms in Muscle pose. 12.00
