

Light in the Darkness

COPPER KNOB
STEPSHEETS

拍數: 0 牆數: 0 級數: Phrased Intermediate
編舞者: Michael A. Beall (USA) - February 2023
音樂: Count on Me - The Lovelocks



Special thanks to THEE Jamie Marshall - Circle Dance

#16 count Intro

A the 24 2xs, B1, Tag, A the 24 2xs, B1, B2, C, B1, B2, B1 & die

A the 24, 2xs

"HOPE" "FOUND"

Hands --- Phone

Step-Stretch 2xs, Rock-Recover, Quick Coaster

- 1-2 Step R forward (1), stretch the step in place (2)
- 3-4 Step L forward (3), stretch the step in place (4)
- These first 4 counts are for the LEAD words HOPE, FOUND, SAFE, and LOVE
- 5-6 Rock forward on R (5), recover back to L (6)
- &7-8 Quick step back on R (&), step L beside R (7), step R forward (8)

Step-Together, Squat Down-Up, Spilt Heels, Swivel Heels

- 1-2 Step L forward (1), step R beside L (2)
- 3-4 Squat down (3), then stand up (4)
- 5-6 Split heels out (5), then in (6)
- 7-8 Swivel heels right (7), then left (8)

Shuffle Right, Shuffle Left, Rocking Chair

- 1&2 Shuffle right diagonal R (1), L (&), R (2)
- 3&4 Shuffle left diagonal L(3), R (&), L (4)
- 5-8 Right rocking chair rock forward on R (5), recover back on L (6) Rock back on R (7), recover forward on L (8)

B1

Step-Touch 2xs, Shuffle Right, then Left

- 1-2 Step R diag forward right (1), touch L beside R
- 3-4 Step L diag forward left (3), touch R beside L (2)
- 5&6 Shuffle diag right R-L-R
- 7&8 shuffle to diag left L-R-L

Two Walks, R Kick-Ball-Change, Two Walks, R Kick-Ball-Change

- 1-2 Walk forward R-L (1-2)
- 3&4 Right kick-ball-change
- 5-6 Walk forward R-L (5-6)
- 7&8 Right kick-ball-change

REPEAT these 16 steps

The first time you do THESE 32 counts there is a 4 count tag to follow

TAG

- 1-4 Rock forward on R (1), recover back to L (2), rock back on R (3), come forward onto L (4)

A the 24s 2xs

"SAFE" "LOVE"

Umpire --- Heart

B1

B2

The same as B1, except the first 4 counts of the 3rd set of 8

1-4 Step R forward (1), together kick L and punch both arms forward (2), step forward on L (3),
brush kick R slightly diag forward

Continue on with the shuffle steps 5&6 right, 7&8 left, finish with the walks and kick-ball-change sequence

C

Step-Turn

1-2 Step R forward (1), pivot turn $\frac{1}{4}$ left (2)

3-4 Repeat 1-2

5&6 Shuffle forward R (5), L (&), R (6)

7&8 Shuffle forward L (7), R (&), L (8)

Repeat 2 more times

Starting the 4th set do the two $\frac{1}{4}$ turns, now facing 12:00

5-8 Step R forward, then slow coaster L back, R beside, L forward

B1

B2

B die

Start B1 with the side touches 1-4, then act as a robot that has run out of power as the music dies
