

Been Dreaming of You

COPPER **NOB**
BY STEPHEN METZ

拍數: 32 牆數: 2 級數: Improver
編舞者: Ray Metz (USA) - March 2023
音樂: Come Alive - Cannons



Intro: 32 counts

S1: HALF HINGE LEFT, TRIPLE 1/2 LEFT, CROSS ROCK, CHASSÉ RIGHT

1,2 step LF turning 1/4 left (1), step RF turning 1/4 left (2), 6:00
3&4 step LF turning 1/4 left (3), step RF next to LF (&), step LF turning 1/4 left (4), 12:00
5,6 rock RF across LF (5), recover weight to LF (6),
7&8 step RF to right (7), step LF next to right (&), step RF to right (8),

non-turning option: **STEP LEFT, TOGETHER, CHASSÉ LEFT, CROSS ROCK, CHASSÉ RIGHT**

S2: CROSS, STEP BACK, TRIPLE 1/2 LEFT, ROCK FORWARD, REVERSE TRIPLE 1/2 LEFT

1,2 step LF across RF (1), step RF back (2),
3&4 step LF turning 1/4 left (3), step RF next to LF (&), step LF turning 1/4 left (4), 6:00
5,6 rock RF forward (5), recover weight to LF (6),
7&8 step RF behind turning 1/4 left (7), step LF next to RF (&), step RF turning 1/4 left (8), 12:00

non-turning option: **CROSS, STEP BACK, SHUFFLE BACK, ROCK BACK, SHUFFLE FORWARD**

RESTART HERE on WALL 4 FACING 6:00

S3: WALK (X2), TRIPLE 1/2 RIGHT, STEP 1/2 RIGHT, CHASE 1/2 RIGHT, STEP FORWARD

1,2 step LF forward (1), step RF forward (2),
3&4 step LF turning 1/4 right (3), step RF next to LF (&), step LF turning 1/4 right (4), 6:00
5 step RF turning 1/2 right (5), 12:00
6&7 step LF forward (6), step RF turning 1/2 right (&), step LF forward (7), 6:00
8 step RF forward (8),

non-turning option: **WALK (X2), SHUFFLE FORWARD, STEP FORWARD, RUN (X3) TURNING 1/2 RIGHT to 6:00, STEP FORWARD**

S4: STEP FORWARD, POINT, STEP BEHIND, SWEEP, SLOW SAILOR STEP, CROSS

1,2 step LF forward (1), point RF diagonal forward (2),
3,4 step RF behind LF (3), sweep LF behind RF (4),
5,6,7 step LF behind RF (5), step RF to side (6), step LF to side (7),
8 cross RF slightly across LF (8),

REPEAT

Last Update: 2 Mar 2023