

I've Been Found

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Beginner
編舞者: Helen Parkyn (UK) - April 2023
音樂: Found - Dan Davidson



(finalist in UKLDA 2023 Grassroots instructor section)

No tags or restarts

Count in ... wait for first initial vocals (clap and stomp a foot if you want while you're waiting)
then 16 counts on instrumental intro

2 X RIGHT HEEL DIGS, BEHIND SIDE CROSS, 2 X LEFT HEEL DIGS, BEHIND SIDE CROSS

- 1, 2, 3&4 dig right heel forward diagonally right, repeat heel dig, cross right behind left, step left to side on &, cross right over front of left
- 5, 6, 7&8 dig left heel forward diagonally left, repeat heel dig, cross left behind right, step right to side on &, cross left over front of right

RIGHT SHUFFLE FORWARD, LEFT FORWARD MAMBO ROCK, SHUFFLE BACK RIGHT AND LEFT (OPTIONAL TURNING RIGHT)

- 1&2, 3&4 step forward right, close left beside on &, step forward right, rock forward left, recover back on right on &, close left beside right.
- 5&6, 7&8 step back right, close left beside on &, step back right (or you can make a triple 1/2 turn right to 6.00), step back left, close right beside on &, step back left (or you can make a triple 1/2 turn right to 12.00)

RIGHT COASTER, LEFT FORWARD SHUFFLE, CHARLESTON

- 1&2 3&4 step back right, close left beside on &, step forward right, step forward left, close right beside on &, step forward left
- 5, 6, 7, 8 touch right toe forward, step back right, touch left toe straight back, step forward left

RIGHT TOUCH FORWARD, DIAGONAL, SAILOR 1/4 TURN RIGHT TO 3.00, LEFT TOUCH FORWARD, DIAGONAL, SAILOR 1/2 TURN LEFT TO 9.00

- 1, 2, 3&4 touch right toe forward, touch right toe diagonal forward, cross right behind left as you make 1/4 turn right (3.00), close left beside right on &, step right on place
- 5, 6, 7&8 touch left toe forward, touch left toe diagonal forward, cross left behind right as you make 1/2 turn left (9.00), close right beside left on &, step left in place

BEGIN AGAIN

To finish ... wall 10 (9.00), on counts 13&14 (section 2) on first shuffle back make 1/4 turn right into side shuffle, step left to left side, touch right beside