

I Wrote A Dance

COPPERKNOB
BY SHEETS

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Ross Brown (ENG) - April 2023
音樂: I Wrote A Song - Mae Muller : (CD: I Wrote A Song - Single)
或: Sleepwalker - Ava Max



Intro : 16 Counts (Approx. 7 Seconds)

Tags : Danced at the Ends of Walls 1 & 3 facing the Back Wall. See End of Script.

WALK FORWARD. RONDE HITCH, CROSS, BACK ¼ TURN R. SHUFFLE ¼ TURN R.

1 – 2 – 3 – 4 Walk forward; R, L, R, L.
5 – 6 – 7 Ronde hitch R forward, cross step R over L, make a ¼ turn R stepping L back.
8 & 1 Make a ¼ turn R stepping; R to R, L next to R, R to R.(6 O'CLOCK)

**Note : Feel free to throw in some exciting arm actions during the Walk Forward.
If dancing to the Alternative Track, you may want to pretend to be Sleepwalking.**

CROSS ROCK. CHASSE LEFT. CROSS, BACK. OUT, OUT, BALL, CROSS.

2 – 3 Cross rock L over R, recover onto R.
4 & 5 Step L to L, close R up to L, step L to L.
6 – 7 Cross step R over L, step L back.
& 8 & 1 Step R to R, step L to L, step R next to L, cross step L over R.(6 O'CLOCK)

MONTEREY HOOK ½ TURN R. SHUFFLE FORWARD. FORWARD ROCK. BACK, TOUCHES.

2 – 3 Point R to R, make a ½ turn R hooking R across L shin.
4 & 5 Step R forward, close L up to R, step R forward.
6 – 7 Rock L forward, recover onto R.
& 8 & 1 Step L back, touch R forward, step R back, touch L forward. (12 O'CLOCK)

HOLD, SIDE ¼ TURN L. SYNCOPATED SIDE SWITCHES. ROLLING VINE FULL TURN L.

2 & 3 Hold for Count 2, make a ¼ turn L stepping L to L, point R to R.
4 & 5 Hold for Count 4, step R next to L, point L to L.
6 – 7 – 8 Make a ¼ turn L stepping L forward, make a ½ turn L stepping R back, make a ¼ turn L stepping L to L.(9 O'CLOCK)

JAZZ BOX. SHUFFLE FORWARD. CROSS, BACK ¼ TURN R. CHASSE ¼ TURN R.

1 – 2 – 3 Cross step R over L, step L back, step R to R.
4 & 5 Step L forward, close R up to L, step L forward.
6 – 7 Cross step R over L, make a ¼ turn R stepping L back.
8 & 1 Step R to R, close L up to R, make a ¼ turn R stepping R forward. (3 O'CLOCK)

SIDE ¼ TURN R, BEHIND. CHASSE ¼ TURN L. STEP, PIVOT ½ TURN L. SIDE ¼ TURN L, TOGETHER.

2 – 3 Make a ¼ turn R stepping L to L, cross step R behind L.
4 & 5 Step L to L, step R next to L, make a ¼ turn L stepping L forward.
6 – 7 Step R forward, pivot a ½ turn L.
8 & Make a ¼ turn L stepping R to R, step L next to R. (6 O'CLOCK)

HIP ROLL RIGHT with TAP. HIP ROLL LEFT with TAP. SAILOR STEPS; R & L.

1 – 2 Step R to R rolling hips anticlockwise, tap L to L.
3 – 4 Step L to L rolling hips clockwise, tap R to R.
5 & 6 Cross step R behind L, step L to L, step R to R.
7 & 8 Cross step L behind R, step R to R, step L to L. (6 O'CLOCK)

STEP, PIVOT ½ TURN L. SHUFFLE FORWARD. STEP, PIVOT ½ TURN R. SHUFFLE FORWARD.

1 – 2 Step R forward, pivot a ½ turn L.
3 & 4 Step R forward, close L up to R, step R forward.
5 – 6 Step L forward, pivot a ½ turn R.
7 & 8 Step L forward, close R up to L, step L forward. (6 O'CLOCK)

END OF DANCE! □

TAG : DANCED AT THE END OF WALLS 1 & 3 FACING BACK WALL BOTH TIMES.

1 – 2 – 3 – 4 Rock R forward, recover onto L, rock R back, recover onto L.

Alternative Music : Sleepwalker by KOMfKGicFm4 [Length – 3:11]

CD: Diamonds & Dancefloors (126 BPM)

Intro : 16 Counts (Approx. 7 Seconds)

Restarts : On Walls 1 & 3, restart the dance after 56 Counts facing the Back Wall.

Tag : Danced TWICE at the End of Wall 4 facing the Front Wall.
