

Carrack's Angels

COPPER **NOB**
BY STEPHEN

拍數: 64 牆數: 2 級數: Beginner/Improver
編舞者: Elaine Collins (SCO) - April 2023
音樂: Watching over Me - Paul Carrack : (Album: Soul Shadows)



Step Point Travelling Forward x 2, Weave to the Left, Point Left Foot to Left Side

- 1,2 Step Right foot forward (1), Point Left foot to Left side (2)
3,4 Step Left foot forward (3), Point Right foot to Right side (4)
5,6,7 Step Right foot across Left (5), Step Left foot to Left side (6), Step Right foot behind Left foot (7)
8 Point Left foot to Left side (8)

Step Point Travelling Backwards x 2, Behind, Side, Cross, Point Right Foot to Right Corner

- 1,2 Step Left foot back (1), Point Right foot to Right side (2)
3,4 Step Right foot back (3), Point Left foot to Left side (4)
5,6,7 Step Left foot behind Right (5), Step Right foot to Right side (6), Cross Left foot over Right (7)
8 Point Right foot forward to Right corner (8) (facing 1.30)

Step Point Diagonally Backward, Step Point Diagonally Forward, Step Behind, Side, Cross, Point

- 1,2 Still facing Right corner - Step Right foot back (1), Point Left foot diagonally back (2)
3,4 Step Left foot forward (3), Point Right foot forward to corner (4)
5,6,7 Step Right foot behind Left (5), Step Left foot to Left side (6), Cross Right foot over Left (7)
8 Point Left foot forward to Left corner (8) (facing 10.30)

Step Point Diagonally Backwards, Step Point Diagonally Forwards, Behind, ¼ turn Right (3 o'clock), Left Lockstep Forward

- 1,2 Still facing Left corner - Step Left foot back (1), Point Right foot diagonally back (2)
3,4 Step Right foot forward (3), Point Left foot forward to corner (4)
5,6 Step Left foot behind Right (5), Step Right foot forward making ¼ turn (3 o'clock) to the Right (6)
7 & 8 Step forward Left foot (7), Lock Right foot behind Left foot (&), Step forward Left foot (8)

Rocking Chair, Right Rock Forward Recover, Right Lockstep Back

- 1,2,3,4 Rock Right foot forward (1), Recover (2), Rock Right foot back (3), Recover (4)
5,6 Rock Right foot forward (5), Recover (6)
7 & 8 Step back Right foot (7), Lock Left foot in front of Right foot (&), Step back Right foot (8)

Left Rock Back Recover, Rocking Chair, Left Lockstep Forward

- 1,2 Rock Left foot Back (1), Recover (2)
3,4,5,6 Rock Left foot Forward (3), Recover (4), Rock Left foot back (5), Recover (6)
7 & 8 Step forward Left foot (7), Lock Right foot behind Left foot (&), Step forward Left foot (8)

4 x Paddle Steps turning (total of) ¾ Turn Left

- 1,2 Step Forward Right foot make an 1/8th of a turn Left (1), Rock weight to Left foot (2)
3, 4 Step Forward Right foot make an 1/8th of a turn Left (3), Rock weight to Left foot (4)
5,6 Step Forward Right foot make a ¼ turn Left (5), Rock weight to Left foot (6)
7,8 Step Forward Right foot make a ¼ turn Left (7), Rock weight to Left foot (8)

Cross Rock Recover, Cha Cha Cha x 2

- 1,2 Cross Right foot over Left (1), Recover (2)
3 & 4 Step Right foot to the Right (3), Close Left foot to Right (&), Step Right foot to the Right (4)
5,6 Cross Left foot over Right (5), Recover (6)
7 & 8 Step Left foot to the Left (7), Close Right foot to Left (&), Step Left foot to the Left (8)

Enjoy!

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