

Middle Ground

COPPER KNOB
BY STEPHEN

拍數: 48 牆數: 2 級數: Easy Intermediate - waltz
編舞者: Mark Simpkin (AUS) - October 2023
音樂: Middle Ground (feat. Mickey Guyton) - Maroon 5



Intro: 12 Counts - Weight on R

restart wall 4 & 8 at 12.00

restart wall 9 at 6.00

1/4 L TWINKLE – BACK R BASIC

1-2-3 L forward, 1/4 L stepping R beside L, L beside R (9.00)

4-5-6 R back, L together, R beside L

L FWD – SWEEP R – HOLD – CROSS R OVER L – 1/4 R BACK ON L – R SLIGHTLY BACK

1-2-3 L forward, Sweep R to R side, Hold

4-5-6 Cross R over L, Turn 1/4 R stepping L back, Step R back (12.00)

CROSS L OVER R – BACK R BACK – L TO L SIDE – R LOCK STEP

1-2-3 Cross L over R, Step R Back, L to L side

4-5-6 Step R forward, Lock L behind R, Step R forward

FWD SLOW 1/4 R PIVOT – WEAVE R

1-2-3 Step L forward, Slow 1/4 R pivot over 2 counts weight on R (3.00)

4-5-6 Cross L over R, R to R side, L behind R

R SIDE DRAG HOLD – 1/4 L FWD – 1/4 L PIVOT – SWEEP R TO R SIDE

1-2-3 Step R to R side, Drag L to R over 2 counts

4-5-6 Turn 1/4 L stepping L Forward, Pivot 1/4 L on L foot, Sweep R to R side (9.00)

R CROSS – RECOVER – 1/4 R FWD – L FWD – 1/2 R PIVOT #

1-2-3 Cross R over L, Recover L, Turn 1/4 R stepping R forward (12.00)

4-5-6 Step L forward, 1/2 R Pivot (6.00) #

CROSS POINT SIDE – HOLD – BACK POINT SIDE – HOLD ##

1-2-3 Cross L over R, Point R to R side, Hold

4-5-6 Step R back, Point L to L side, Hold ##

L TWINKLE – R TWINKLE

1-2-3 Cross L over R, R to R side, Recover L

4-5-6 Cross R over L, L to L side, Recover R

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YouTube – Southern Cross Linedancers for walkthrough and demos