

Twists & Turns

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Britt Beresik (USA) - November 2023
音樂: Little Wonders - Rob Thomas



Musical Intro is 32 counts, start on lyrics "go" at approximately 27 secs
BRIDGE On Wall 6 - dance 16 counts, then Bridge, then last 16 counts
No TAGS, No RESTARTS

[1-8] Nightclub Basic R, Drag-Behind-Side $\frac{1}{8}$ L, $\frac{1}{2}$ Pivot L, $\frac{1}{2}$ Pivot L

1-2& Step R to right side, Close L behind R, Cross R over L
3-4& Slide L to left side, Cross R behind L, Step L to left side with a $\frac{1}{8}$ turn L [10:30]
5-6 Step R fwd, $\frac{1}{2}$ Pivot L (taking weight on L) [4:30]
7-8 Step R fwd, $\frac{1}{2}$ Pivot L (taking weight on L) [10:30]

[9-16] Rock Recover, $\frac{1}{8}$ R Side-Cross Rock, Recover/Sweep, Behind-Side-Cross, Twist $\frac{1}{2}$ R, Unwind $\frac{1}{2}$ L

1-2 Rock R fwd, Recover L
&3-4 $\frac{1}{8}$ turn R while stepping R to right side, Cross Rock L over R, Recover R and Sweep L front to back [12:00]
5&6 Cross L behind R, Step R to right side, Cross L in front of R
7-8 Keeping both feet in place and weight on toes- Twist $\frac{1}{2}$ turn R, Unwind back $\frac{1}{2}$ turn L (weight ends on L) [12:00]

*Optional: Cross arms over chest for the Twist & Unwind

-Bridge on Wall 6 only-

[17-24] Fallaway : $\frac{1}{4}$ L Slide R , $\frac{1}{8}$ L Back Back, $\frac{1}{8}$ L Slide L, $\frac{1}{8}$ L Fwd Fwd, $\frac{1}{8}$ L Slide R, $\frac{1}{8}$ L Back Back, $\frac{3}{8}$ L Fwd; $\frac{1}{2}$ Pivot L

1-2& Make a $\frac{1}{4}$ turn L and Slide R to right side [9:00], $\frac{1}{8}$ turn L and Walk back L, Walk back R [7:30]
3-4& Make a $\frac{1}{8}$ turn L and Slide L to left side [6:00], $\frac{1}{8}$ turn L and Walk fwd R, Walk fwd L [4:30]
5-6& Make a $\frac{1}{8}$ turn L and Slide R to right side [3:00], $\frac{1}{8}$ turn L and Walk back L, Walk back R [1:30]
7-8& Make $\frac{3}{8}$ turn L and Step L Fwd [9:00], Step R fwd, $\frac{1}{2}$ Pivot L (taking weight on L) [3:00]

*Non-Turning Option 8&1: Rock R fwd, Recover L, Step back R and Sweep L front to back

[25-32] $\frac{1}{2}$ L Back/Sweep, Behind-Side-Cross ($\frac{1}{8}$ R), Rock Recover, 4 Walks Arching $\frac{1}{8}$ R

1 Continue $\frac{1}{2}$ turn L stepping back on R and Sweeping L front to back [9:00]
2&3 Cross L behind R, Step R to right side, Cross L over R turning $\frac{1}{8}$ R to face diagonal [10:30]
4& Rock R fwd, Recover L
5-8 Controlled Walk R, L, R, L in an arching $\frac{1}{8}$ turn R (clockwise) to end facing [9:00]

*sometimes you may feel the urge to take 2 slow walks (5-6), then 4 runs (7&8&)- GO FOR IT :)

Restart the dance

[BRIDGE 1-4&] Start Wall 6 facing 9:00, dance counts 1-16, then add: $\frac{1}{4}$ L NIGHTCLUB BASIC AND $\frac{1}{4}$ L

1-2& Make $\frac{1}{4}$ turn L stepping R to right side, Close L behind R, Cross R over L [6:00]
3-4& Make $\frac{1}{4}$ turn L stepping forward on L, $\frac{1}{2}$ turn L stepping back on R, $\frac{1}{2}$ turn L stepping fwd on L [3:00]

*Bridge 4& Full Turn can be replaced with 2 Runs forward R-L facing 3:00

...Count 17 begins with a $\frac{1}{4}$ L to start the Fallaway facing 12:00, continue dancing 17-32. Begin Wall 7 facing 12:00.

ENDING: On Wall 8, the music sloooows. Follow the beat. You will finish on count 21 with a R Slide at 12:00

Dedicated to my Little Wonders, Bowen & Bailey. It's the little things in life that matter most!

Last Update: 4 Nov 2023
