

Mt Fuji

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Improver
編舞者: Snow (SG) - November 2023
音樂: Under Mount Fuji (富士山下) - Eason Chan (陳奕迅)



For my friend Hansel

Intro: 36 counts instrumental (4 x 8 + 4). Start after vocals.

Total: 11 walls

3 restarts with bridge (walls 4, 8, 10)

Restart with bridge

Walls 4, 8, 10: after 22 counts

Add bridge before starting new wall

[1-8] L cross unwind full turn with R sweep, weave, hold, recover on L, step ¼ R turn

1-2 Cross L over right, step down on L and unwind full turn to right, sweep R leg from front to back.

Easy option: Step back on L, sweep R leg from front to back.

3-4 Step R behind left. Step L to the side.

5-6 Cross step R over left. Hold.

7-8 Recover on L. Step R forward making a ¼ turn to the right. [3:00]

[9-16] L and R forward diagonal slow Dorothy steps

1-4 Step diagonally forward on L [1:30]. Hold. Lock step R behind left. Step L forward.

5-8 Step diagonally forward on R [4:30]. Hold. Lock step L behind right. Step R forward.

[17-24] L cross rock, hold, recover on R, rolling vine to L, cross R over L, hold

1-3 Cross L over right. Hold. Recover on R. [3:00]

4-6 Step forward on L, making ¼ turn to left. Step back on R, making ½ turn to left. Step to the side on L, making ¼ turn to side (full turn traveling to the left). [3:00]

Easy option: Step L to side. Step R behind L. Step L to side (vine to the left).

***Add bridge here and restart during walls 4, 8 and 10.**

7-8 Cross R over left. Hold. [3:00]

[25-32] Walk back LRL, hold, recover on R, full turn forward, sweep L forward

1-4 Step back on L. Step back on R. Step back on L. Lean back and hold (weight on left), pointing R foot in front.

5-7 Recover on R. Step back on L, making ½ turn to the right. Step forward on R, making ½ turn to the right (full turn traveling forward). [3:00]

Easy option: Recover on R. Step forward on L. Step forward on R (walk forward).

8 Sweep L from back to front. [3:00]

Bridge (24 counts)

After walls 4, 8, 10 (stop at 22 counts)

Slow down accordingly following the music

[1-8] R forward, full spin turn on R with sweep, point L

1-2 Step R forward. Hold or prep for the spin turn.

3-8 Make a full spin turn to R (weight on R), sweeping L leg, point to the left, hold and pose. [12:00]

Easy option: Point L foot to the left, hold and pose.

[9-16] L sway, R full turn, R sway, L full turn

1-2 Step down on L. Sway to the left.

3-4 Step forward on R, making a ½ turn to the right. Step back on L, making a ½ turn to the right (full turn traveling to the right).

Easy option: Step down on R. Step L beside right (shuffle to the right).

5-6 Step R to the right. Sway to the right.

7-8 Step forward on L, making a ½ turn to the left. Step back on R, making a ½ turn to the left (full turn traveling to the left).

Easy option: Step down on L. Step R beside left (shuffle to the left).

17-24 L coaster, hold, R forward, full turn forward, sweep L

1-4 Step back on L. Step R beside L. Step L forward. Hold.

5-7 Step R forward. Step back on L, making ½ turn to the right. Step forward on R, making ½ turn to the right (full turn traveling forward).

Easy option: Step R forward. Step forward on L. Step forward on R (walk forward).

8 Sweep L leg from back to front. [12:00]

Ending:

Wall 11 (16 counts) [6:00]

Slow down during the wall 10 bridge following the music.

Square off to end at the front wall [12:00] during the second Dorothy step [10:30].

Email: snowdancesg@gmail.com

Please go ahead add your own styling and expression to the dance.

Please feel free to dance, video, share!

Last Update - 13 Nov. 2023 - R1
