

He Knows, Almira (Wedding Song)

COPPER KNOB
BY SHEETS

拍數: 34 牆數: 2 級數: High Intermediate - NC
編舞者: Chandrani Eilena Emmiyan (INA) - December 2023
音樂: He Knows - Almira Lat



Thanks Ms. Shanty for referring this very sweet and lovely song ☐

Intro: 12 Counts (start moving on vocal) No Tag

Restarts : 3

Session 1 - FULL TURN WITH HITCH & SWEEP, BACK- ¼ RIGHT TO SIDE- RECOVER SIDE LUNGE, ¼ RIGHT FWD SWEEP, ¼ DIAMOND FALL AWAY-FWD

- 1-2 Step L forward & turn ½ to left while hitching R (6.00), Turn ½ to left & put down R while sweeping L to back (12.00)
- 3&4 Step L back, Turn ¼ to right & step R to right side (3.00), Recover on L & bend the L knee (prepare to sweep)
- 5-6&7 Turn ¼ to right & step R forward while sweeping L to front (6.00), Cross L over R, Step R to right side, turn 1/8 to left & step L backwards (4.30)
- 8&1 Step R backwards, Turn 1/8 to left & step L to left side (3.00), Step R forward

Session 2 - PIVOT ½ RIGHT-FWD, PIVOT ½ LEFT- ½ LEFT WITH SWEEP, BEHIND- ¼ RIGHT FWD-FWD, RECOVER- ¼ LEFT TO SIDE

- 2&3 Step L forward, Turn ½ to right & step R in place (9.00), Step L forward
- 4&5 Step R forward, Turn ½ to left & step L in place (3.00), Turn ½ to left & step R backwards while sweeping L to back (9.00)
- 6&7 Step L behind R, Turn ¼ to right & step R forward (12.00), Step L forward
- 8& Recover on R, Turn ¼ to left & step L to left side (9.00)

RESTART

On walls 2 & 5 after 16 counts (facing 6.00)

Session 2, with step change on the count of 8.

- 8 Recover on R

RESTART

On wall 7 after 12 counts (facing 12.00)

Session 2, with step change on the count of 4.

- 4 Turn ¼ to right & step R in place while dragging L towards R

Session 3 - SWAY (R, L)- ¼ RIGHT FWD SWEEP, FULL DIAMOND FALL AWAY

- 1-3 Sway R, L, Turn ¼ to right & step R forward while sweeping L to front
- 4&5 Cross L over R, Step R to right side, Turn 1/8 to left & step L backwards (10.30)
- 6&7 Step R backwards, Turn 1/8 to left & step L to left side (9.00), Turn 1/8 to left & step R forward (7.30)
- 8&1 Step L forward, Turn 1/8 to left & step R to right side (6.00), Turn 1/8 to left & step L backwards (4.30)

Session 4 - CONTINUE MAKING FULL DIAMOND FALL AWAY, BACK-RECOVER-PIVOT ½ RIGHT-FWD, FWD-HOLD

- 2&3 Step R backwards, Turn 1/8 to left & step L to left side (3.00), Turn 1/8 to left & step R forward (1.30)
- 4&5 Step L forward, Turn 1/8 to left & step R to right side (12.00), Step L backwards
- 6&7-8 Recover on R, Step L forward, Turn ½ to right & step on R in place, Step L forward
- 9-10 Step R forward, Hold

Happy dancing

Dancing from the heart

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