

Escaping Myself

COPPERKNOB
BY STEPHEN

拍數: 32 牆數: 2 級數: Phrased Low Advanced - Rolling 8
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音樂: Comfortable - Victor Ray : (iTunes)



Intro: 16 counts from start of track, approx. 19 seconds.

Sequence: AA-B-AAA-B-A-B-AA

A (16)

A – 1: Rock Back. Full Turn L with Sweep. Weave. Sway L, R. ¼ L Sweep. Cross. ¼ R. ¼ R.

- 1 – 2 a Rock back on RF (1). Recover on LF (2). Turn ½ L step back on RF (a). [6:00]
3 – 4 & a Turn ½ L step forward on LF sweeping RF from back to front (3). [12:00] Cross RF over LF (4). Step to L on LF (&). Step RF behind LF (a).
5 – 6 – 7 Step to L on LF swaying body L (5). Sway body R (6). Turn ¼ L step forward on LF sweeping RF from back to front (7). [9:00]
8 & a Cross RF over LF (8). Turn ¼ R step back on LF (&). Turn ¼ R step forward on RF (a). [3:00]

A – 2: Full Spiral Turn R. Step. ½ R. Rock Back Sway. Lock Step Fwd. Sweep. Cross Rock. Sweep. Behind. ¼ R. ½ R.

- 1 – 2 a Step forward on LF making a full spiral turn over R shoulder (1). Step forward on RF (2). Turn ½ R step back on LF (a). [9:00]
3 – 4 & a Rock back on RF swaying body back (3). Recover on LF returning body to centre (4). Step forward on RF (&). Angle body to L diagonal lock LF behind RF (a).
5 – 6 – 7 Square up to 9'00 step forward on RF sweeping LF from back to front (5). Cross rock LF over RF (6). Recover on RF sweeping LF from front to back (7).
8 & a Step LF behind RF (8). Turn ¼ R step forward on RF (&). Turn ½ R step back on LF (a). [6:00]

B (16)

B – 1: ¼ R Side. Back Rock. Side. Back Rock. ¼ R. Side Rock. 1/8 Step Hitch. Back Side Rock x2. Behind. ¼ L. ½ L. Back Drag & Push.

- 1 & a 2 & a Turn ¼ R step to R on RF (1). Rock back on LF (&). Recover on RF (a). [3:00] Step to L on LF (2). Rock back on RF (&). Recover on LF (a).
3 & a 4 Turn ¼ R step forward on RF (3). Rock to L on LF (&). Recover on RF (a). Turn 1/8 R step forward on LF hitching R knee (4). [7:30]
5 & a 6 & a Step back on RF (5). Turn 1/8 L rock to L on LF (&). Recover on RF (a). [6:00] Step back on LF (6). Rock to R on RF (&). Recover on LF (a).
7 & a 8 Step RF behind LF (7). Turn ¼ L step forward on LF (&). Turn ½ L step back on RF (a). [9:00] Step back on LF dragging RF towards LF pushing R hand forward with palm facing forward, as if stopping someone (8).

B – 2: Coaster Step. Step ½ Turn with Prep. Full Turn L with Sweep. Weave R. Touch Behind with Snap. ¼ L. Rock Fwd.

- 1 & a 2 Step back on RF (1). Close LF next to RF (&). Step forward on RF (a). Step forward on LF (2).
3 a 4 Turn ½ R placing weight on RF prepping upper body R (3). Turn ½ L step in place on LF (a). Turn ½ L step back on RF sweeping LF from front to back (4). [3:00]
5 a 6 a Step LF behind RF (5). Step to R on RF (a). Cross LF over RF (6). Step to R on RF (a).
7 – 8 & a Touch LF behind RF snap R hand to R (7). Turn ¼ L step forward on LF (8). [12:00] Rock forward on RF (&). Recover on LF (a).

Have fun!

