

This Song is About You

COPPER KNOB
BY SHEETS

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Nathan Gardiner (SCO) - May 2024
音樂: This Song Is About You - Olly Murs



Intro: 16 counts

Step Back, Step Back, ½ R, ½ R, Behind, Side L, Cross Unwind Full Turn L, Weave R

- 1 Step back on R dragging L towards R
2&3 Step back on L, ½ R stepping forward on R, ½ R stepping back on L sweeping R from front to back
4& Step R behind L, Step L to L side
5-6 Cross R over L, Unwind full turn L (weight ends on L)
7&8& Step R to R side, Step L behind R, Step R to R side, Cross L over R

Side R, Rock Back, Recover, Side L, Behind, ¼ L, Step Forward, Mambo ½ L, Full Turn L

- 1-2& Step R to R side, Rock back on L, Recover on R
3-4& Step L to L side, Step R behind L, ¼ L stepping forward on L
5 Step forward on R
6&7 Rock forward on L, Recover on R, ½ L stepping forward on L
8& ½ L stepping back on R, ½ L stepping forward on L

¼ L, Rock Back, Recover, Side L, Rock Back, Recover, Sway R & L, Run ¾ R

- 1-2& ¼ L stepping R to R side, Rock back on L, Recover on R
3-4& Step L to L side, Rock back on R, Recover on L
5-6 Sway to R side, Sway to L side
7&8&1 Run ¾ R stepping R, L, R, L, R

Cross, Side R, ¼ L into Rock Back, Recover, Full Turn R, Walk Forward L & R, Mambo ½ L

- 2& Cross L over R, Step R to R side
3& ¼ L rocking back on L, Recover on R
4& ½ R stepping back on L, ½ R stepping forward on R
5-6 Step forward on L, Step forward on R
7&8 Rock forward on L, Recover on R, ½ L stepping forward on L

(End of each wall do a further half turn Left on ball of L foot hitching R knee slightly to face the new wall)

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Restart 1: On wall 3 after 18 counts change the side R, Rock Back, Recover to Sway R & L then Restart the dance

Restart 2: On Wall 6 after 24 counts change the ¾ Run R to Run ½ R stepping R, L, R, L then add Sway R, Sway L then Restart the dance