

Be That for You

COPPERKNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Easy Improver
編舞者: Marie-Odile Jélinek (FR) - June 2024
音樂: Be That for You - High Valley : (Album : Way Back)



*1 Restart – 1 easy Tag/Restart of 4 Count –Dance duration : 2'58

Dance starts after 16 counts at intro of Lyrics « Just Startin' Out, No Way of Knowin' »
Sequence : 32 – 32 - 8 / Restart / 32 - 32 - 8 / Tag-Restart / 32 – 32- Final 12h

Hold on RF

[1to8] L KICK BALL CROSS – L SIDE – R TOUCH – R ROCK STEP MAMBO – L SAILOR STEP ¼ TURN

1&2 Kick LF forward – Ball LF – Cross RF front of LF 12h
3-4 Pose LF to L - Point RF next to LF
5&6 Rock RF forward – Hold on LF - RF slightly behind
7&8 Cross LF behind RF in Pivot ¼ Turn to the L– Pose RF next to LF- Pose LF forward 9h

Here : Restart after the 1st Section of 3rd Wall : Resume dance facing towards 9h

[9to16] SWAY HIPS R-L - R -SIDE TRIPLE STEP- SWAY HIPS L-R - L SIDE TRIPLE STEP

1-2 Sway to R - Sway to L (+ option Snap)
3&4 RF to R – LF next to RF – RF to R
5-6 Sway to L - Sway to L (+ option Snap)
7&8 LF to L – RF next to LF – LF to L

[17to24] HEELS SWITCHES R&L - R SIDE ROCK CROSS - L HEELS SWITCHES L&R - JAZZ BOX ¼ TURN L

1& Pose RH forward – Gather RF next to LF
2& Pose LH forward – Gather LF next to RF
3&4 Pose RF to R - Return BW on LF - Cross RF in front of LF
5& Pose LH forward – Return LF next to RF
6& Pose RH forward – Gather RF next to LF
7&8& Cross LF in front of RF (7) RF Step back (&) -¼ Turn to L of LF to L (8) – Touch RF next to LF (&) 6h

[25to32] SYNCOPATED WEAVE – 1/2 K STEPS - STEP- STOMP

1&2& RF to R (1) -Cross LF behind RF (&) -RF to R (2) - Cross LF in front of RF (&)
3&4 RF to R (3) - Cross LF behind RF (&) – RF to R (4)
5& Pose LF in diagonal forward L - Touch point RF next to LF (+ Clap)
6& RF in diagonal back R – Touch LF close to RF (+ Clap)
7-8 Pose LF – Stomp RF (while lifting LH to resume Dance)

Restart after the 1st Section of 3rd Wall : Resume Dance facing 9h

Tag /Restart Easy of 4 Counts after the 1st Section of 6th Wall facing 6h

Tag/Restart : [1to4] R CROSS ROCK SIDE – L CROSS ROCK SIDE

1&2 Cross Rock RF in front of LF –Return on LF – Pose RF to the R
3&4 Cross Rock LF in front of RF – Return on RF – Pose LF to the L

Final is on 8th Wall facing 12 h with :1&2 L KICK BALL CROSS →

1&2 Kick LF forward– Ball LF – Cross RF in front of LF
IN PLACE : UNWIND ½ TURN LEFT + ½ Turn to L on-the-spot

« Happy Dancing to You All »

