

Beauty in the Ruins

COPPER KNOB
BYEPOSTETS

拍數: 32 牆數: 2 級數: Intermediate NC
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音樂: Ruins - Ashley Park



#16 Count Intro, (2 Tags)

S1: L BASIC, 1/4 TURN, STEP PIVOT 1/2 TURN, 1/4 TURN, BEHIND SIDE, DIAGONAL ROCKING CHAIR

1-2& Step L to left (1), Close R slightly behind L (2), Cross L over R (&) 12:00
3-4& Turn 1/4 right stepping R fwd (3), Step L fwd (4), Turn 1/2 right shifting weight to R (&) 9:00
5-6& Turn 1/4 right stepping L to left (5), Step R behind L (6), Step L to left opening body to left diagonal (&) 10:30
7&8& Rock R fwd (7), Recover weight onto L (&), Rock R back (8), Recover weight onto L (&)
"Backstroke" Arms: On walls 2, 4 & 6 (chorus) lift R arm front to back (7&), Lift L arm front to back (8&) 10:30

S2: STEP R 1/8 WITH SWEEP, FALLAWAY 3/8 DIAMOND, 1/2 TURN, SPIRAL FULL TURN, RUN AROUND 5/8 WITH SWEEP

1-2&3 Straightening up to 12:00, Step R fwd sweeping L back to front (1) Cross L over R (2), Step R to right (&), Turn 1/8 left stepping L back (3)

Arms: Lift both arms fwd/up above head into a rounded position (1)

Allow both arms to open to the sides and down (2&3) 10:30

4&5 Step R back (4) Turn 1/8 left stepping L to left (&), Turn 1/8 left stepping R fwd (5)

Arms: Push both arms straight out to sides with palms of hands facing outwards (5) 7:30

6-7 Turn 1/2 left keeping weight back on R pointing L toe fwd (6) Spiral full turn R taking weight onto L (7) Arms: Cross R arm over chest (6), Cross L arm over chest (7) 1:30

8&1 Turn 1/8 right stepping R fwd (8) Turn 1/4 right stepping L fwd (&), Turn 1/4 right stepping R fwd and sweeping L fwd (1)

Arms: Bring arms out from chest as you run around (8&1) 9:00

S3: CROSS, SIDE, COLLECT, CROSS, 1/4 TURN, 1/4 TURN SWAY, SWAY, PASSÉ, DIAGONAL RUN, RUN, ROCK

2&3 Cross L over R (2), Step R to right opening body to left diagonal (&), Step L beside R rising up on the balls of both feet, (3)

Arms (danced only on walls 2, 4 and 6 to hit the chorus): Bring both hands across and out from eyes with palms facing outwards on the lyrics "I can see" (2&3) 7:30

4&5 Squaring up to 9:00, Cross R over L (4), Turn 1/4 right stepping L back (&), Turn 1/4 right swaying R to right (5) 3:00

6-7 Sway L to left (6), Turn 1/8 stepping R forward onto the ball of foot and raising L knee (7)

Arms: Bring L arm out to left side and reach R arm straight up/fwd, looking up at R fingers (7) 4:30

8&1 Run L fwd (8), Run R fwd (&) Rock L fwd (1) 4:30

S4: RECOVER, SYNCOPATED WEAVE, CROSS ROCK/FONDU, DIAGONAL STEPS BACK WITH SWEEPS, BEHIND, 1/4 TURN

2& Recover onto R (2), Squaring up to 3:00 step L to left (&) 3:00

3&4& Cross R over L (3), Step L to left (&), Step R behind L (4), Step L to left (&) 3:00

5-6 Cross rock R over L while gently sinking down, bending both knees, melting body fwd (5), Straighten up recovering weight onto L and sweeping R back (6) 1:30

7-8& Step R back sweeping L back (7), Turn 1/8 right stepping L back (8), Turn 1/4 right stepping R fwd/ slightly across L (&) 6:00

TAG: At the end of rotations 1 and 3, do the following (both facing 6:00): L BASIC, R BASIC

1-2& Step L to left (1), Close R slightly behind L (2), Cross L over R (&) 6:00

3-4& Step R to right (3), Close L slightly behind R (4), Cross R over L (&) 6:00

ENDING: On wall 7 dance up to count 5 of S1, drag R to meet L and raise arms to the sky. Happy Dancing!
