

Vaka Över Mig

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 2 級數: Novice
編舞者: Mariette Enholm (SWE) - December 2024
音樂: Till en Ängel - Sonja Alden



Restart after 8 counts on wall 2, 5 and 8

Motion: Smooth

Intro: 16 counts

Section 1: Walk, walk, Shuffle turn 1/2 to R, Rock Step, Pivot turn 1/2 x 2

1,2,3&4 RF step fwd (1), LF step fwd (2), RF step fwd turning 1/4 (3), LF step together to RF (&), Turn 1/4 and RF step back (4)
5,6,7&8 LF step back (5), Recover on RF (6), Turn 1/2 to R and recover weight on LF (7), Turn 1/2 to R and recover on RF (&) LF step fwd (8), (facing 6 o'clock)

Section 2: Step turn 1/4 to L, Cross Shassé, Side Step to L with Sweap on RF, Step back with knee pop, Hold, Step fwd LF, Turn L 1/4 x 2

1,2,3&4 RF step fwd (1), Turn 1/4 to L and recover on LF (2), RF cross over LF (3), LF step together to RF (&), RF cross over LF (4) (facing 3 o'clock)
5,6,&7,8& LF step to L and do a sweap with RF (5), RF step back with a knee pop with LF (6), Hold (&) LF step fwd (7), Turn L 1/4 recover on RF (8), Turn 1/4 to L and recover on LF (&) (facing 9 o'clock)

Section 3 Step turn 1/2, Shuffle turn 1/2, Step back with sweap x 2, Rock step back, Pivot turn 1/2 x 2

1,2,3&4 RF step fwd (1), Turn 1/2 and recover on LF (2), RF step fwd turning 1/4 (3), LF step together to RF (&), Turn 1/4 and RF step back with sweap on LF (4)
5,6&7,8& LF step back with sweap on RF (5), RF step back (6), Hold (&) Recover on LF (7), Turn 1/2 over L shoulder and recover on RF (8), Turn 1/2 over L shoulder and recover on LF (&) (facing 9 o'clock)

Section 4 Nightclub Basic to R and L, Turn 1/4 to L, Nightclub Basic to R and L

1,2& RF step to R (1), LF step behind RF (2), RF cross over LF (&)
3,4& LF step to L turning (3), RF step behind LF (4), LF step fwd (&),
5,6& Turn L 1/4 and RF step to R (5) LF step behind RF (6), RF cross over LF (&),
7,8& LF step to L (7), RF step behind LF (8), LF step fwd (&) (facing 6 o'clock)

NOTE: Restart after 8 counts on wall 2, 5 and 8

Outro: First 8 counts facing 12 o'clock, Step turn 1/2 on RF, recover on LF and step fwd on RF