

Let Me Down Easy

COPPERKNOB
BY SHEETS

拍數: 80 牆數: 4 級數:
編舞者: Lu Olsen (AUS)
音樂: Let Me Down Easy - Chris Isaak



RIGHT SAMBA, LEFT SAMBA, ¼ LEFT TURN HEEL/TOE/HEEL ROTATION, ROCK BACK, FORWARD

1&2 Right over left, left to left, right to right
3&4 Left over right, right to right, left to left
5&6 Right heel in front of left, rotate ¼ left on ball of left foot & drop right toe at the end of turn, drop left heel
7-8 Rock right back, rock left forward

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1&2 Right over left, left to left, right to right
3&4 Left over right, right to right, left to left
5&6 Right heel in front of left, rotate ¼ left on ball of left foot & drop right toe at the end of turn, drop left heel
7-8 Rock right back, rock left forward

FORWARD, ½ LEFT STEP BACK, FORWARD ½ RIGHT, ROCK BACK, BACK, ROCK FORWARD, RIGHT FORWARD ¾ LEFT, LEFT FORWARD

1-2-3-4 Right forward, ½ turn left and step left back, rock right forward, ½ turn right and step left back
5-6 Rock right back, rock left forward
7-8 Right forward and ¾ turn left, left forward

ROCK FORWARD, BACK, 1 ½ SHUFFLE TURN, LEFT LOCK, FORWARD, IN PLACE

1-2 Rock right forward, left back
3&41 ½ right turn right-left-right shuffle (towards 3:00:00)
5&6 Left forward, lock right behind left, left forward
7-8 Rock right forward, replace weight on left

MOVING BACKWARDS - RIGHT SAILOR, LEFT SAILOR, TIGHT SWEEPS RIGHT, LEFT, ROCK BACK, FORWARD

1&2 Right behind left, left to left, right to right
3&4 Left behind right, right to right, left to left
End of wall one - start again
5-6 Tight sweep right around left & step behind left, tight sweep left around right & step behind right
7-8 Rock right back, left forward
End short wall end of walls 2, 4 and 6 - start again

DIAGONALS - RIGHT FORWARD, LEFT FORWARD FULL RIGHT TURN RAISE RIGHT, RIGHT LOCK, BACK, ½ RIGHT TURN, LEFT LOCK FORWARD

Next 8 counts are danced to diagonals

1-2 (Moving forward towards 45° right corner you are now facing) right forward to face right diagonal, left forward for full right turn on ball of left foot while raising right forward (not kick)
3&4 Right forward, lock left behind right, right forward
5-6 Step back on left, ½ turn right and step right forward (now facing opposite diagonal corner)
7&8 (Moving forward) left over right, lock right behind left, left forward

RIGHT OVER LEFT, STRAIGHTEN RIGHT SIDE SHUFFLE, LEFT HEEL OVER RIGHT AND FULL ROTATION, RIGHT SHUFFLE TO RIGHT,

- 1-2-3&4 Rock right over left, replace weight on left, turn diagonally right to straighten up and right side shuffle right-left-right
- 5-6 Left heel over right, full right turn on left heel while pivoting on ball of right (drop left toe at end of turn -weight on left)
- 7&8 Shuffle to right (right-left-right)

REPEAT HEEL ROTATION, ROCK RIGHT, LEFT, CROSS SHUFFLE TO LEFT, LEFT TO LEFT, DRAG RIGHT TO LEFT

- 1-2 Left heel over right, full right turn on left heel while pivoting on ball of right (drop left toe at end of turn -weight on left)
- 3-4-5&6 Rock right to right, replace weight on left, cross shuffle to left = right over left, left to left, right over left
- 7-8 Left to left, drag right towards left (weight on left)

ROCKING CHAIR FORWARD, BACK, BACK, FORWARD, ½ LEFT TURN, RIGHT SHUFFLE FORWARD, REPEAT TO THE OPPOSITE

- 1-2-3-4 Rock right forward, replace on left, rock right back, replace on left
- 5-6-7&8 Right forward, ½ left pivot turn, shuffle forward right-left-right
- 1-2-3-4 Rock left forward, replace on right, rock left back, replace on right
- 5-6-7&8 Left forward, ½ right pivot turn, shuffle forward left-right-left

REPEAT

RESTART

Restart after count 36 on wall 1

Restart after count 40 on walls 2, 4, and 6

ENDING

On wall 8, dance the first 24 counts, then turn ½ to face front
