

Light O' Day

COPPER KNOB
BY STEPHEN METZ

拍數: 40 牆數: 2 級數: Intermediate/Advanced
編舞者: Cathryn Proudfoot (AUS) & Warren Mitchell (AUS)
音樂: Everywhere I Go - Craig Morgan



STEP BACK RIGHT, STEP BACK LEFT, ROCK BACK, REPLACE, ¼ TURN LEFT

1-2 Using a sweeping motion sweep toe out and back to: step back on right, step back on left
3&4 Rock step right back, replace weight forward to left, turn ¼ left to step right to side

BEHIND, SIDE, CROSS, REPLACE, 1 ¼ TURN LEFT

5&6-7 Step left behind right, step right to side, step left across in front of right, replace back to right
&8& Traveling to left: turn ¼ left stepping left forward, turn ½ left stepping right back, turn ½ left stepping left forward

ROCK, REPLACE, ½ TURN RIGHT, STEP FORWARD, STEP PIVOT ½ LEFT

1-2&3 Rock forward on right, replace back on left, turn ½ right stepping right forward, step left forward
4& Step right forward, pivot turn ½ left transferring weight forward to left

STEP FORWARD, FULL TURN RIGHT, FORWARD COASTER STEP ON LEFT

5-6& Step right forward, traveling forward: turn ½ right stepping left back, turn ½ right stepping right forward
7&8 Forward coaster step left: step left forward, step right together with left, step left back

STEP BACK, SWEEP ¼ LEFT, LEFT COASTER STEP, ROCK BACK RIGHT

1-2&3-4 Step straight back on right, sweep left toe around turning ¼ left into a left coaster step: step left back, step right back together with left, step left forward, rock back on right

STEP PIVOT ½ RIGHT, SWEEP LEFT, STEP ACROSS SIDE TOUCH BEHIND

5-6&7&8 Step left forward, pivot turn ½ right transferring weight forward to right, sweep left toe forward, step left across in front of right, step right to side, touch left toe behind right

SIDE, TOUCH BEHIND UNWIND FULL TURN RIGHT, REPEAT

&1-2 Step left to side, touch right toe behind left, unwind full turn right transferring weight to right
&3-4 Repeat these 2 beats

ROCK, REPLACE, BEHIND SIDE CROSS TOUCH

5-6-7&8& Rock left to side, replace weight to right, step left behind right, step right to side, step left across in front of right, touch right toe to side

BEHIND, ¼ TURN LEFT, STEP HOOK, BACK BRUSH, STEP TOGETHER

1&2& Step right behind left, turn ¼ left stepping left forward, step right forward, hook left foot up behind right calf
3&4& Step back on left, brush right foot up over left shin, step right forward, step left together with right

ROCK FORWARD RIGHT 45 DEGREES REPLACE, AND, ROCK FORWARD LEFT 45 DEGREES, REPLACE, AND

5-6& Rock right forward to 45 degrees, replace weight back to left, step right together with left
7-8& Rock left forward to 45 degrees, replace weight back to right, step left together with right

REPEAT

TAG

Danced at the end of 2nd wall

ROCK BACK, REPLACE, ½ TURN LEFT, ROCK BACK, REPLACE, STEP TOGETHER

1-2&3-4& Rock right back, replace weight forward to left, turn ½ turn left stepping right back, rock left back, replace weight forward to right, step left together with right

STEP PIVOT ½ LEFT, ROCK FORWARD, ROCK BACK

5-6-7-8 Step right forward, pivot turn ½ left transferring weight forward to left, rock step right forward, rock back on left

RESTART

Occurs on 5th wall

Dance up to beat 12. On the & count, instead of the ½ pivot turn left, simply rock back and replace weight on left foot and restart dance facing the front
