

Live & Let Die

COPPER KNOB
BY STEPHEN

拍數: 0 牆數: 0 級數:
編舞者: Max Perry (USA)
音樂: Live and Let Die - Paul McCartney & Wings



Sequence: 2-count intro, then dance Section "A" Starting with Count 3 (side left), B, C, B(1-32), Section "A" Starting with count 1 (put weight on left instead of right after unwind), then repeat B (1-32) until end of song with a full unwind instead of a 1/2 at the very end to face the 12:00 wall

SECTION A (NIGHTCLUB)

1st time through start with count 3 to the left. 2nd time through start on 1

BASIC - SIDE, ROCK STEP, SIDE, ROCK STEP, SIDE

1-2&3 Step right to right side, rock left back, step right in place (recover), step left to left side
4& Rock right back, step left in place (recover)

SIDE, ¾ WALK AROUND TURN RIGHT, FORWARD, ½ PIVOT TURN LEFT

5-6& Step right to right side (toe turned out), step left forward and across right & turn ¾ right, step right in place

Should now face 9:00

7-8& Step left forward, step right forward & turn ½ left, step left in place

Should now face 3:00

½ TWISTING RONDÉ, BEHIND, SIDE, CROSS, TURN ½ LEFT, BACK, SIDE, CROSS ROCK

1 Step right forward & turn ½ left as you ronde' left from front to side

Face 9:00

2&3 Cross left behind right, step right to right side, cross left over right

4&5 Turn ½ left as you step right back, step left to left side, cross rock right over left

Face 3:00

6& Step left in place (recover), step right to right side

WEAVE RIGHT, ¾ WALK AROUND TURN, BASIC TO KICK RONDÉ TO CROSS ROCK, SLIP PIVOT

7&8& Cross left over right, step right to right side, cross left behind right, step right to right side toe turned out

1-2 Step left forward and across right turning right, step right in place turning right to complete ¾ right turn

Should now be facing 12:00

3-4& Step left to left side, cross rock right over left, step left in place (recover) toward 11:00

5 Step right to right side (toe turned out) toward 1:00, kick left forward and across and turn on the ball of the right foot, right around to 11:00

6 Step left to left side (toe turned out)

7-8& Cross rock right over left, step left in place (recover), step right back turning ½ left (little slip pivot) (6:00)

FULL PADDLE TURN LEFT, HOLD, FULL UNWIND, COASTER STEP TO FORWARD ROCK STEP

1&2&3-4 Cross, ball, cross, ball, cross, hold (left, right, left, right, left)

Turn full 360 over counts 1-3, hold count 4

5-6 Full unwind right (weight on right foot), hold

Still face 6:00

7&8& Step left back, step right next to left, rock left forward, step right in place (recover)

BASIC TURNING ¼ LEFT, FORWARD ROCK TO 1 AND ½ SPIN TRAVELING TO LEFT

1-2& Step left to left side, rock right back turning ¼ left, step left in place (recover)

3-4& Step right to right side, rock left forward, step right in place

Face 3:00

5-6& Turn ¼ left and step left forward and turn ½ left, step right back and turn ½ left, step left forward & turn ¼ left

Now face 9:00

7-8& Step right to right side, rock left forward, step right in place (recover)

BASIC TURNING ¼ LEFT, FORWARD ROCK TO 1 FULL SPIN TRAVELING TO LEFT

1-2& Step left to left side, rock right back turning ¼ left, step left in place (recover) face 6:00

3-4& Step right to right side, rock left forward, step right in place

5-6 Turn ¼ left and step left forward then turn an additional ½ left, turn ¼ left and step right back

You should still be facing 6:00

SECTION B (STRAIGHT RHYTHM)**STEP FORWARD, HITCH, BACK, TOGETHER, STEP FORWARD, HITCH, BACK, TOGETHER**

1-2-3-4 Step left forward, hitch right knee, step right back, step left next to right

5-6-7-8 Step right forward, hitch left knee, step left back, step right next to left (6:00)

PARTIAL JAZZ BOX TURNING ¼ LEFT, WEAVE TO UNWIND ½ RIGHT

1-2-3-4 Cross left over right, step right back turning ¼ left, step left to left side, cross right over left (3:00)

5-6-7-8 Step left to left side, cross right behind left, unwind turning ½ right over counts 7-8 (weight on right) (9:00)

1-16 Repeat first 16 counts of Section B

Should face 12:00 wall

BASIC TURNING ¼ LEFT, FORWARD ROCK TO 1 AND ½ SPIN TRAVELING TO LEFT

1-2& Step left to left side, rock right back turning ¼ left, step left in place (recover)

3-4& Step right to right side, rock left forward, step right in place

Face 9:00

5-6& Turn ¼ left and step left forward and turn ½ left, step right back and turn ½ left, step left forward & turn ¼ left

Now face 3:00

7-8& Step right to right side, rock left forward, step right in place (recover)

SLOW HEEL JACKS (NOT SYNCOPATED)

1-2-3-4 Step left to left side & slightly back, touch right heel in place, step right in place (home), step left next to right

5-6-7-8 Step right to right side & slightly back, touch left heel in place, step left in place, step right next to left

3:00

KICK, CROSS, SIDE, CROSS, KICK, CROSS, SIDE, CROSS

1-2-3-4 Kick left diagonally forward, cross left behind right, step right to right side, cross left over right

5-6-7-8 Kick right diagonally forward, cross right behind left, step left to left side, cross right over left

3:00

KICK FORWARD, COASTER STEP (NOT SYNCOPATED), KICK FORWARD, COASTER STEP (NOT SYNCOPATED)

1-2-3-4 Kick left forward, step left back, step right next to left, step left forward

5-6-7-8 Kick right forward, step right back, step left next to right, step right forward

3:00

KICK, BALL, CROSS, STEP, KICK, BALL, CROSS, STEP (KICK TO CHA-CHA LOCK MOVING BACKWARDS TWICE)

1-2-3-4 Kick left forward, step left back with ball of foot, cross right over left, step left back

5-6-7-8 Kick right forward, step right back with ball of foot, cross left over right, step right back
3:00

KICK, CROSS, STEP, STEP (TURNING SAILOR) TURNING ½ LEFT, KICK, COASTER STEP

1-2-3-4 Kick left forward, cross left behind right turning ½ left, step right in place completing turn, step left forward

5-6-7-8 Kick right forward, step right back, step left next to right, step right forward

Now should face 9:00

SECTION C (MAMBO RHYTHM)

KICK FORWARD, COASTER STEP (NOT SYNCOPATED), KICK FORWARD, COASTER STEP (NOT SYNCOPATED)

1-2-3-4 Kick left forward, step left back, step right next to left, step left forward

5-6-7-8 Kick right forward, step right back, step left next to right, step right forward

9:00

KICK, SIDE ROCK, TOGETHER, KICK, SIDE ROCK, TOGETHER

1-2-3-4 Kick left forward, rock left to left side, step right in place (recover), step left next to right

5-6-7-8 Kick right forward, rock right to right side, step left in place (recover), step right next to left

9:00

4X HEEL TOUCH FORWARD, TOGETHER (LEFT, RIGHT, LEFT, RIGHT) TURNING ½ RIGHT

1-2-3-4 Touch left heel forward, step left next to right, touch right heel forward, step right next to left

5-6-7-8 Touch left heel forward, step left next to right, touch right heel forward, step right next to left

During these 8 counts you should turn ½ right to end facing 3:00

SIDE ROCK, CROSS ROCK

1-2-3-4 Rock left to left side, step right in place (recover), cross rock left over right, step right in place (recover)

3:00

SIDE, HOLD, CROSS, HOLD, UNWIND 1 AND ¼ LEFT

1-2-3-4 Step left to left side, hold, cross right over left, hold

5-6-7-8 Unwind turning 1 and ¼ left

End facing 12:00 wall

STEP FORWARD, ½ PIVOT TURN LEFT, STEP FORWARD

9-10-11-12 Step left forward, step right forward & turn ½ left, step left in place, step right forward

Now face 6:00
