

Lord Of The Dance

COPPERKNOB
STEPSHEETS

拍數: 40 牆數: 4 級數: Intermediate
編舞者: Charlie Bowring (UK)
音樂: Lord of the Dance - Ronan Hardiman



This dance is designed to fit to The Lord of The Dance, Track 17 On The Lord of the Dance CD, and speeds up to a fun speed after the first 4 walls.

MODIFIED SAILOR STEPS

& Step to right side on ball of right foot
1 Cross left in front of right
2 Step down on right
& Step to left side on ball of left foot
3 Cross right in front of left
4 Step down on left
& Step to right side on ball of right foot
5 Cross left in front of right
6 Step down on right
& Step to left side on ball of left foot
7 Cross right in front of left
& Step left to left side
8 Step right to right side (end with feet at shoulder width)

LEFT KICK, CROSS, BACK & BACK & SCUFF STEP, HEEL DROPS

9 Kick left forward
10 Cross left in front of right
& Step back on right
11 Lock left over right
& Step back on right
12 Loosely lock left over right
13 Scuff right foot forward
14 Stamp right foot forward
&15&16 Lift & drop heels four times, making $\frac{1}{4}$ turn left (1 lift & drop per $\frac{1}{2}$ count)

After first 4 walls replace &15&16 with

15-16 Lift heels twice making $\frac{1}{4}$ turn left

SIDE & SIDE & TOUCH, BALL CROSS (TWICE)

17 Touch right to right side
& Step right foot in place
18 Touch left to left side
& Step left in place
19 Touch right heel forward
& Step down on right
20 Cross left over right
21 Touch right heel forward
& Step down on right
22 Cross left over right
23 Touch right heel forward
& Step down on right
24 Cross left over right

WALK FORWARD & BACKWARDS, STEP IN PLACE

- 25-28 Walk forward right, left, right, left
29-31 Walk backwards right, left, right
32 Step left in place next to right

SIDE TOUCHES

- 33 Step right to right side
34 Touch left, click right fingers
35 Step left to left side
36 Touch right, click left fingers
37 Step right to right side
38 Touch left, click right fingers
39 Step left to left side
40 Touch right, click left fingers

REPEAT

Change 25-40 to the following after the first 4 walls

RUNNING MAN FORWARD AND RUNNING MAN BACKWARDS

- & Slide left foot backwards while lifting right
25 Step down on right foot
& Slide right foot backwards while lifting left
26 Step down on left foot
& Slide left foot backwards while lifting right
27 Step down on right foot
& Slide right foot backwards while lifting left
28 Step down on left foot
& Slide left foot forward, while lifting right
29 Step down on right foot
& Slide right foot forward, while lifting left
30 Step down on left foot
& Slide left foot forward, while lifting right
31 Step down on right foot
& Slide right foot forward, while lifting left
32 Step down on left foot

SYNCOPATED STEP TOUCHES

- & Hop right to right side
33 Touch left toe across in front of right at 45 degree angle with leg straight
34 Hold for 1 beat of music
& Hop left to left side
35 Touch right toe across in front of left at 45 degree angle with leg straight
36 Hold for 1 beat of music
& Hop right to right side
37 Touch left toe across in front of right at 45 degree angle with leg straight
38 Hold for 1 beat of music
& Hop left to left side
39 Touch right toe across in front of left at 45 degree angle with leg straight
40 Hold for 1 beat of music
-