

# 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
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