

Love Has No Pride

COPPER KNOB
BY STEPHEN B. B. B.

拍數: 48 牆數: 2 級數: Intermediate waltz
編舞者: Frank Cooper (CAN)
音樂: Love Has No Pride - Michelle Wright



HIP SWAYS LEFT, RIGHT, LEFT, STEP SIDE CROSS ROCK TWICE

- 1-3 Step left foot to left side while swaying left hip to left, sway right hip to right, sway left hip to left in a figure 8 motion
4-6 Step right foot to right side, cross rock left foot over right, recover onto right foot
7-12 Repeat counts 1-6

STEP SIDE LEFT, CROSS ROCK RIGHT OVER LEFT, STEP SIDE RIGHT, ROCK FORWARD STEP FORWARD LEFT

- 13-15 Step left foot to left side, cross rock right foot over left, recover onto left foot
16-18 Step right foot to right side, rock forward left foot, recover onto right
On counts 17-18 move hips into a figure 8 motion, pushing left hip forward and around to the left (17), and pushing right hip back and around to the right (18)

CROSSING BALANCE FORWARD LEFT, RIGHT, LEFT, TURN ½ TURN RIGHT, BALANCE FORWARD RIGHT, LEFT

- 19-21 Step forward left crossing over right foot, step forward right crossing over left foot, step forward left crossing over right foot, plant feet
22-24 With feet planted turn a ½ turn to the right on the balls of both feet weight ending on left, step forward right, step forward left

½ BALANCE TO RIGHT, ¾ TURN BALANCE TO LEFT TWICE

- 25-27 Step forward right foot, step forward left foot, step forward right foot making ½ turn to the right
28-30 Step forward left foot, step forward right foot starting ¾ turn to left, step left foot to left side completing ¾ turn to left
31-36 Repeat counts 25-30

CROSS ROCK STEP RIGHT OVER LEFT, TWINKLE ½ TURN TO LEFT

- 37-39 Rock forward right crossing right over left, recover onto left, step right foot to right side
40-42 Step left foot over right, step right foot to right side starting ½ turn to left, step left foot to left side completing ½ turn to left

CROSS ROCK STEP RIGHT OVER LEFT, WEAVE TO RIGHT SIDE WITH SYNCOPATED ROCK STEP BACK

- 43-45 Rock forward right crossing right over left, recover onto left, step right foot to right side
46-48& Step left foot over right, step right foot to right side, rock back onto left foot, recover onto right foot

REPEAT

At the end of the dance I added a little syncopation so that you are able to start the dance again on the left foot leading into the hip sways. Don't let this syncopation scare you, it actually flows quite nicely. So keep the last count as smooth as possible.