

Love Is Changing

COPPER KNOB
BY STEPHEN HETS

拍數: 64 牆數: 4 級數: Intermediate rumba
編舞者: Sebastiaan Holtland (NL)
音樂: Love Will Keep Us Alive - Eagles



STEP HOLD ½ TURN OUT HOLD, CLOSE AND BEND POINT DRAW UP

- 1-4 Right foot step forward hold ½ turning left foot step out hold weight on both feet left foot step next right foot bend your knee
&5 Right foot point to the right side
6-7-8 Extended your left leg weight on left foot right foot draw your right leg up in tree counts hold

RUMBA WALKS CURVING ¾ FORWARD, SIDE AND CROSS HOLD

- 1-2 Right foot step 1/8 forward hold
3-4 Left foot step 1/8 forward hold
5-6 Right foot step ¼ forward hold
7-8 Left foot step ¼ to the left side right foot across left foot hold

ROCK STEP BACK STEP HOLD, CHECK STEP STEP SIDE HOLD

- 1-4 Left foot step back weight back on right foot left foot step forward hold
5-8 Right foot step forward weight back on left foot right foot step to the right side hold

CROSS SIDE STEP BACK ¼ TURN, CROSS PUSH SWEEP ROCK STEP HOLD

- 1-4 Left foot across right foot hold right foot step to the right side hold
5-8 Left foot step back with ¼ turn left right foot push across left foot right foot sweep over the ground back, right foot step back weight back on left foot

½ STEP PIVOT FULL CHANÉ TURN, OUT HOLD ROCK AND CROSS

- 1-4 Right foot step forward turning ½ left right foot close next to left foot turning full left left foot step slightly forward
5-6 Right foot step out next to left foot hold
7&8 Left foot step to the left side weight back on right foot left foot across right foot

¾ ROND DÉ JAMBE HOOK BACK, HOLD FULL SWEEP TURN ROCK STEP BACKWARDS

- 1-2 Both with weight on balls of both feet, rotate ¾ right hook right foot for left foot
3-4 Right foot sweep extended right leg out, up and around from front to back of weighting left foot, hook right foot behind left foot hold
5-6 Both with weight on balls of both feet, rotate full turning right hook right foot for left foot
7-8 Right foot sweep extended right leg out, over the ground and around from front to back of weighting, left foot, right foot step back weight back on left foot

BASIC RUMBA BOX FORWARD, AND BACKWARDS

- 1-4 Right foot step forward hold left foot step to side left right foot step together
5-8 Left foot step back hold right foot step to side right hold weight on right

SIDE TURNS ¼ ½ ¼ CROSS, ½ TWIST TURN HOLD STEP ½ PIVOT HOLD

- 1-3 Left foot ¼ left right foot step continued ½ left left foot step ¼ to side left right foot across left foot end (facing 3:00)
5-8 ½ Twist turn left (facing 9:00) hold weight on left foot step right foot forward ½ turn left hold to (facing 3:00)

REPEAT

