

My Everything (P)

COPPERKNOB
BY STEPHENETS

拍數: 64 牆數: 0 級數: Partner
編舞者: Nigel Payne (UK)
音樂: You're the First, the Last, My Everything - Barry White



Position: Man facing OLOD. Lady facing ILOD. Double hand hold. Opposite footwork. Man's steps stated

SIDE ROCK, CROSS SHUFFLE, ¾ TURN, SHUFFLE

1-2 Rock right out to right side, recover on left,
3&4 Cross right over left, step left to left side, cross right over left

Release both hands as you turn

5-6 Make ¼ turn right stepping back on left foot, on ball of left pivot ½ turn right stepping right foot forward,

Lady turn ¾ left, both now facing LOD

Pick up inside hands

7&8 Step forward on left foot, step right beside left, step forward on left

FULL TURN, SHUFFLE, ROCK-RECOVER, COASTER ¼ TURN

Release hands on full turn, and pick up inside hands again after turn

9-10 Make a full turn left traveling forward stepping right, left, (lady turns right)
11&12 Step forward on right, step left beside right, step forward on right,
13-14 Rock forward on left foot, recover back on right

Release hands as you make the ¼ turn

15&16 Step back on left foot, step right beside left, step left foot ¼ turn left

Lady turn ¼ right, man now facing ILOD, lady facing OLOD

STEP, PIVOT ½ TURN, SHUFFLE, WEAVE, SHUFFLE

17-18 Step forward on right foot, pivot ½ turn left, (lady turns ½ right)

Now both facing each other, man facing OLOD lady facing ILOD

19&20 Step forward on right, step left beside right, step forward on right

As you both shuffle forward you will pass right shoulder to right shoulder

21-22 **MAN:** Cross left over right, step right to right side
LADY: Step right to right side, cross left over right

On counts 21-22 you will pass back to back

23&24 Step back on left, step right beside left, step back on left foot

As you both shuffle back you will pass left shoulder to left shoulder

SIDE-ROCK RECOVER WITH ¼ TURN, SHUFFLE, WALK, WALK, SHUFFLE

25-26 Rock right out to right side, recover on left making a ¼ turn left,

Lady turn right, both now facing LOD

Pick up inside hands

27&28 Step forward on right foot, step left beside right, step forward on right
29-30 Walk forward left, right
31&32 Step forward on left, step right beside left, step forward on left

TURN, CLAP, TURN, CLAP, STEP, CLAP, SHUFFLE

Release hands for turns

33-34 Make ½ turn left stepping back on right, clap (lady turns ½ right)
35-36 Make ½ turn left stepping forward on left, clap, (lady turns ½ right)
37-38 Step forward on right foot, clap

Both facing LOD

Pick up inside hands

39&40 Step forward on left, step right beside left, step forward on left

ROCK-RECOVER, ¼ CHASSE, WEAVE, POINT

41-42 Rock forward on right, recover back on left

Double hand hold

43&44 Step right ¼ turn right, step left next to right, step right to right side, (lady turns ¼ left)

45-48 Cross left over right, step right to right side, cross left behind right, point right to right side

Lady starts weave by crossing right over left

CROSS, ¼ TURN, ¼ CHASSE, CROSS ROCK- RECOVER, CHASSE ¼ TURN

Release mans right, ladies left as you both turn

49-50 Cross right over left, make ¼ turn right stepping back on left foot, (lady turns ¼ left)

51&52 Step right ¼ turn right, step left next to right, step right to right side, (lady turns ¼ left)

Both are now back to back, man facing ILOD, lady facing OLOD, hands join at waist height

53-54 Cross rock left over right, recover on right

55&56 Step left to left side, step right next to left, step left ¼ turn left, (lady turns ¼ right)

Release mans right, ladies left as you both turn

STEP PIVOT ¼ TURN, CROSS SHUFFLE, SIDE ROCK-RECOVER, CROSS, HOLD

57-58 Step forward on right, pivot ¼ turn left, (lady turn ¼ right)

Now both are facing each other, man facing OLOD, lady facing ILOD

Double hand hold

59&60 Cross right over left, step left to left side, cross right over left

61-62 Rock left out to left side, recover on right

63-64 Cross left over right, hold

REPEAT

This dance is dedicated to Pete & Becky from our couples class, who ask if I could write a couples dance to this track. Thanks for asking
