

Nostalgia

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 4 級數: Intermediate/Advanced
編舞者: Deb Crew (CAN)
音樂: Bend It Until It Breaks - John Anderson



This is a very smooth and graceful dance that requires some practice. Start dance when the artist begins his lyrics. I have choreographed rolling vines for steps 13-16 and steps 29-32 but straight 4 beat vines may be substituted.

ROCK-STEP; STEP ACROSS, BRUSH

1-2 Rock to side right on right foot, step in place on left
3-4 Step right across left, brush the left

LEFT VINE WITH ½ TURN LEFT, BRUSH RIGHT

5-6 Step side left, step right behind left
7-8 Step ½ turn left on left foot, brush the right

RIGHT VINE

9-12 Step side right on right foot, step left behind right, step side right, touch left beside left

ROLLING LEFT VINE

13-16 Rolling left vine: step left, step right, step left - you should now have completed a full turn to the left in 3 counts - touch right beside left (weight on left)
17-32 Repeat steps 1-16

STEP FORWARD, TOGETHER, STEP FORWARD, TOUCH

33-34 Step forward on right, step left together with right
35-36 Step forward on right, touch left beside right (weight on right)

STEP BACK, TOGETHER, STEP BACK, TOUCH

37-38 Step back on left, step right together
39-40 Step back on left, touch right to left (weight on left)

STEP FORWARD, TOUCH, STEP BACK, TOUCH

41-42 Step forward on right, touch left heel forward
43-44 Step back on left, touch right toe beside left (weight on left)

BALL-CROSS, STEP SIDE, STEP BEHIND, BALL-CROSS

&45 Small step to the right side on right foot, cross & step left over right (weight on left)
46-47 Step side right, step left behind right
&48 Small step to the right side on right foot, cross & step left over right (weight on left)

STEP FORWARD, ½ TURN, ROCK-STEP, TURNING SHUFFLE

49-50 Step forward on the right, step ½ turn to the left on left foot
51-52 Rock forward on right, step in place on left
53&54 One 3-step shuffle while ½ turning to the right: right left right

STEP FORWARD, ½ TURN, ROCK-STEP, TURNING SHUFFLE

55-56 Step forward on the left, step ½ turn to the right on right foot
57-58 Rock forward on the left, step in place on the right
59&60 One 3-step shuffle while ½ turning to the left: left right left

STEP FORWARD, ½ TURN; STEP FORWARD ¾ TURN

61-62 Step forward on the right, step ½ turn to the left on the left foot - pivoting on the right

63-64 Step forward on the right, step ¾ turn to the left on the left - pivoting on the right (weight on left)

REPEAT
