

Nothing To Prove

COPPER **NOB**
BY STEPHENETS

拍數: 54 牆數: 4
編舞者: Heather Frye (CAN)
音樂: You and Me - Lifehouse

級數: Intermediate waltz



FORWARD BALANCE, ½ ARIEL RONDE

- 1-2-3 Step right forward, step in place left, right
4-5-6 Step left forward, swing right left from back to front lifted from floor starting to turn ½ left, complete turn with weight on left

FORWARD STEP SWEEPS

- 1-2-3 Step forward onto right, sweep left foot from behind, cross left foot in front of right
4-5-6 Cross step left across right, sweep right foot from behind, cross right foot in front of left

TWINKLE STEP, HALF TURN LEFT

- 1-2-3 Cross step right over left, step left to left side, replace weight onto right
4-5-6 Cross step left over right, step right to right side turning ¼ left, step back turning ¼ left

TWINKLE STEP, HALF TURN LEFT

- 1-2-3 Cross step right over left, step left to left side, replace weight onto right
4-5-6 Cross step left over right, step right to right side turning ¼ left, step back turning ¼ left

CROSS SIDE ROCKS

- 1-2-3 Cross step right over left, rock side left onto left foot, recover weight onto right
4-5-6 Cross step left behind right, rock side right onto right foot, recover weight onto left

RIGHT COASTER, LEFT FORWARD BALANCE

- 1-2-3 Cross step right slightly back and behind left, step back onto left beside right, step forward onto right (body will be angled slightly to the right corner)
4-5-6 Step left forward, step in place right, left

STEP LOCK BACK, UNWIND FOR 1 ¼ RONDE TURN RIGHT

- 1-2-3 Step back onto right foot, lock left foot in front of right foot, begin to unwind 1 ¼ turn right with weight on right foot
4-5-6 Continue unwinding to the right and shift weight to left foot right foot follows to complete ronde turn

WEAVE LEFT, STEP LEFT AND DRAG RIGHT TO LEFT

- 1-2-3 Cross step right behind left, step side left, cross step right over left
4-5-6 Large step to left side, drag right to left foot, touch right beside left

Restart from here during wall 6

WEAVE WITH ¼ TURN RIGHT, STEP LEFT FORWARD ½ TURN RIGHT, STEP FORWARD LEFT

- 1-2-3 Step side right, cross step left behind right, step ¼ right onto right foot
4-5-6 Step forward onto left foot, turn ½ right onto right foot, step forward onto left

REPEAT

TAG

At the end of the 2nd wall (facing 12:00)

- 1-2-3 Step right forward, step in place left, right
4-5-6 Step left back, step in place right, left

RESTART

At the end of the 6th wall (facing 3:00) leave off the last six counts of the dance

This dance is a two wall dance facing 12:00 and 6:00 up until the restart when the two walls begin facing 3:00 and 9:00
