

Only Hope

COPPER KNOB
STEPSHEETS

拍數: 96
編舞者: Michael Vera-Lobos (AUS)
音樂: Only Hope - Mandy Moore

牆數: 2

級數: Intermediate/Advanced waltz



TRAVELING FORWARD - HALF TURN WALTZ, HALF TURN WALTZ

1-6 Traveling forward - waltz turn $\frac{1}{2}$ right stepping right, left, right, waltz turn $\frac{1}{2}$ right stepping left, right, left (12:00)

$\frac{1}{4}$ RIGHT, SIDE, SIDE, CROSS, $\frac{1}{4}$ LEFT, $\frac{1}{4}$ LEFT

1-3 Turning a $\frac{1}{4}$ right step right behind left, step left to left side, step right to right side (angle body right) (3:00)

4-6 Cross step left over right, step right to right turning $\frac{1}{4}$ left, step back on left turning a further $\frac{1}{4}$ left (9:00)

STEP FORWARD, $\frac{1}{2}$ RAISE, DROP HEELS, COASTER WALTZ

1-3 Step forward right, pivot $\frac{1}{2}$ left while raising both heels, drop heels end weight on right

4-6 Step back left, step right beside right, step forward on left (coaster waltz) (3:00)

STEP FORWARD, $\frac{1}{2}$ RAISE, DROP HEELS, COASTER WALTZ

1-3 Step forward right, pivot $\frac{1}{2}$ left while raising both heels, drop heels end weight on right

4-6 Step back left, step right beside right, step forward on left (coaster waltz) (9:00)

FULL TURN WALTZ FORWARD, STEP SIDE, DRAG 2 COUNTS, STEP SIDE, DRAG 2 COUNTS, WALTZ BACK

1-6 Traveling forward - full turn waltz over right stepping right, left, right, step left to left, drag right toe towards left for 2 counts

1-6 Step right to right, drag left toe towards right for 2 counts (end weight right), waltz back left stepping left, right, left (9:00)

CROSS WALTZ, CROSS, $\frac{1}{4}$ LEFT, $\frac{1}{4}$ LEFT, CROSS WALTZ, CROSS $\frac{1}{4}$ LEFT, $\frac{1}{2}$ LEFT

1-6 Cross waltz right over left stepping right, left, right, cross left over right, step right turning $\frac{1}{4}$ left, step left to left turning $\frac{1}{4}$ left (3:00)

1-6 Cross waltz right over left stepping right, left, right, cross left over right, step right turning $\frac{1}{4}$ left, step back on left turning $\frac{1}{2}$ left (6:00)

LUNGE ROCK FORWARD, HOLD, HOLD, ROCK BACK, $\frac{1}{2}$ STEP, STEP FORWARD

1-3 Lunge rock forward on right, hold for 2 counts

4-6 Rock back on left, turning $\frac{1}{2}$ right step onto right, step forward on left (end facing 12:00 weight on left)

LUNGE ROCK FORWARD, HOLD, HOLD, ROCK BACK, $\frac{1}{4}$ RIGHT, CROSS IN FRONT

1-3 Lunge rock forward on right, hold for 2 counts

4-6 Rock back on left, turn $\frac{1}{4}$ right on right, cross step left over right (3:00)

FULL TURN WALTZ, LUNGE ROCK, HOLD TWICE, ROCK BACK, SIDE, CROSS, $\frac{1}{4}$ RIGHT, $\frac{1}{2}$ RIGHT STEP FORWARD

1-6 Traveling right - full turn waltz right stepping $\frac{1}{4}$ right, $\frac{1}{2}$ right, $\frac{1}{4}$ right, cross rock left over right, hold for 2 counts (3:00)

1-6 Rock back right, step left to left, cross right over left, turning $\frac{1}{4}$ right step back on left, turning $\frac{1}{2}$ right step on right, step forward left (end facing 12:00 weight on left)

STEP FORWARD, DRAG FOR 2 COUNTS, STEP FORWARD, STEP FORWARD, ½ PIVOT, STEP FORWARD, DRAG FOR 2 COUNTS STEP FORWARD, STEP FORWARD, ½ PIVOT

1-6 Step forward right, drag left toe towards right for 2 counts, step forward left, step forward right, pivot ½ left (end facing 6:00 weight left)

1-6 Step forward right, drag left toe towards right for 2 counts, step forward left, step forward right, pivot ½ left (end facing 12:00 weight left)

½ TURN WALTZ, WALTZ BACK

1-6 Traveling forward - waltz turn ½ right stepping right, left, right, waltz back left stepping left, right, left (6:00)

FULL TURN WALTZ FORWARD, STEP SIDE, DRAG 2 COUNTS

1-3 Traveling forward - full turn waltz over right stepping right, left, right

4-6 Step left to left side, drag right toe towards left for 2 counts

REPEAT

RESTART

On wall 5 (only on Mandy Moore track), dance first 60 counts. Hold for 3 counts. Turn ¼ right to face back and start again.
