

Patience

COPPER KNOB
BY STEPHENETS

拍數: 0 牆數: 2 級數: Intermediate
編舞者: William Sevone (UK)
音樂: Patience - Take That



Sequence: AB AAB AAB AA

PART A

2X SIDE-TOUCH, BACKWARD, TOUCH, FORWARD, TOUCH (12:00)

- 1-2 Large step right to right side, touch left toe next to right
- 3-4 Large step left to left side, touch right toe next to left
- 5-6 Large step right backward, touch left toe to outside of right
- 7-8 Large step left forward, touch right toe to outside of left

On counts, 1,3,5,7 slightly bend knees during step. On counts 2,4,6,8, straighten up during touch. This section is performed in a swaying motion

BACKWARD, 3X ½ LEFT, HOLD WITH EXPRESSION, ½ RIGHT, FORWARD, HOLD WITH EXPRESSION (12:00)

- 9-10 Step backward onto right, turn ½ left & step forward onto left (6:00)
- 11-12 Turn ½ left & step backward onto right (12:00), turn ½ left & step forward onto left (6:00)
- 13 Hold - with right heel raised & body arched forward
- 14-15 (Dropping right heel) turn ½ right (12:00), step forward onto left
- 16 Hold - with right heel raised & body arched forward

FULL TURN SWEEP, SIDE, 3X SWAY, BEHIND, SIDE, ¼ RIGHT FORWARD (3:00)

- 17-18 (Weight onto ball of right & over two counts) sweep left foot full turn left & step to left side (12:00)
- 19-20 Sway onto right foot, sway onto left foot
- 21-22 Sway onto right foot, cross step left behind right
- 23-24 Step right to right, turn ¼ right & step forward onto left (3:00)

½ RIGHT BACKWARD, TOUCH, 2X FORWARD, ½ LEFT BACKWARD, TOUCH, FORWARD, ¼ RIGHT SIDE (6:00)

- 25-26 Turn ½ right & step backward onto right (9:00), touch left toe to outside of right
- 27-28 Step forward: left - right
- 29-30 Turn ½ left & step backward onto left (3:00), touch right toe to outside of left
- 31-32 Step forward onto right, turn ¼ right & rock/step left to left side (6:00)

PART B

STEP, ½ LEFT SIDE, STEPS: CROSS-BACKWARD-SIDE-CROSS-BACKWARD, SWAY (12:00)

- 1-2 Step onto right, turn ½ left & step left to left (12:00)
- 3-4 Cross step right over left, step backward onto left
- 5-6 Step right to right side - and slightly backward, cross step left over right
- 7-8 Step backward onto right, sway left foot to left side

2X SWAY, 2X DIAGONAL-HOLD, FORWARD, PIVOT ½ LEFT (6:00)

- 9-10 Sway onto right, sway onto left
- 11-12 Step right diagonally left, hold
- 13-14 Step left diagonally right, hold
- 15-16 Step forward onto right, pivot ½ left (weight on left) (6:00)

DANCE FINISH

The dance will finish on count 32 of the 7th wall (facing 6:00), after which the music slows dramatically for 8 counts

- 1 Step onto right
 - 2-3 (Weight on right) turn $\frac{3}{4}$ left - drag sweep left foot over floor
 - 4-5 (Weight on left) turn $\frac{1}{2}$ right - drag sweep right foot over floor
 - 6-7 (Weight on right) turn $\frac{1}{2}$ left - drag sweep left foot over floor
 - 8 (Weight on both feet) turn upper body to face 12:00
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