

Reflections (P)

COPPERKNOB
BY STEPHEN

拍數: 56 牆數: 0 級數: Partner
編舞者: Malcolm Russell (UK)
音樂: Feel Free - The Bellamy Brothers



Position: Begin with both facing LOD, Lady in front with left arm crossed over right and man holding lady's left hand with his right and her right hand with his left at her waist level (Wrap position)

MANS' STEPS

LEFT SIDE ROCK, ROCK RIGHT, LEFT RIGHT LEFT CHA-CHA-CHA IN PLACE

1-2 Rock step left to left and rock back onto right
3&4 Left right left cha-cha-cha in place

RIGHT SIDE ROCK, ROCK LEFT, RIGHT LEFT RIGHT CHA-CHA-CHA IN PLACE

5-6 Rock step right to right and rock back onto left
7&8 Right left right cha-cha-cha in place

LEFT DIAGONALLY FORWARD, RIGHT UP TO IT, LEFT RIGHT LEFT CHA-CHA-CHA IN PLACE

Raise right hand over ladies held while lady is turning

9-10 Step slightly diagonally forward on left, bring right next to left
11&12 Left right left cha-cha-cha in place (now side by side)

WALK FORWARD RIGHT, LEFT, RIGHT LEFT RIGHT CHA-CHA-CHA IN PLACE

13-14 Walk forward right walk forward left
15&16 Right left right cha-cha-cha forward

WALK FORWARD LEFT, RIGHT, LEFT RIGHT LEFT CHA-CHA-CHA IN PLACE

17-18 Walk forward left walk forward right
19&20 Left right left cha-cha-cha forward

PINWHEEL TURN. RIGHT ¼ TURN RIGHT, LEFT TOG. RIGHT LEFT RIGHT CHA-CHA-CHA IN PLACE

21-22 Step ¼ turn right with right, bring left next to right
23&24 Right left right cha-cha-cha in place

PINWHEEL TURN. LEFT ¼ TURN RIGHT, RIGHT TOG. LEFT RIGHT LEFT CHA-CHA-CHA IN PLACE

25-26 Step ¼ turn right with left, bring right next to left
27&28 Left right left cha-cha-cha in place (man now facing RLOD)

WALK BACK RIGHT, LEFT, RIGHT LEFT RIGHT CHA-CHA-CHA IN PLACE

29-30 Walk backward right walk backwards left
31&32 Right left right cha-cha-cha in place

WALK BACK LEFT, RIGHT, LEFT RIGHT LEFT CHA-CHA-CHA IN PLACE

33-34 Walk backward left walk backwards right
35&36 Left right left cha-cha-cha in place

CROSS ROCK RIGHT BEHIND LEFT, ROCK FORWARD LEFT, RIGHT LEFT RIGHT CHA-CHA-CHA IN PLACE

37-38 Cross rock right behind left rock forward on left
39&40 Right left right cha-cha-cha in place

CROSS RIGHT BEHIND LEFT, ¼ TURN LEFT STEP BACK RIGHT, LEFT RIGHT LEFT CHA-CHA-CHA IN PLACE

41-42 Cross right behind left, making a ¼ turn left step back on right
43&44 Left right left cha-cha-cha in place (man facing OLOD)

STEP RIGHT ACROSS LEFT, LEFT TO SIDE, RIGHT LEFT RIGHT CHA-CHA-CHA IN PLACE

45-46 Step right across left step left to left
47&48 Right left right cha-cha-cha in place

STEP LEFT ACROSS RIGHT, MAKING ¼ TURN RIGHT TO RIGHT, LEFT RIGHT LEFT CHA-CHA-CHA IN PLACE

Raise right hand over ladies held while lady is turning

49-50 Step left across right making a ¼ turn left step right to right
51&52 Left right left cha-cha-cha in place

ROCK FORWARD RIGHT ROCK BACK LEFT, RIGHT LEFT RIGHT CHA-CHA-CHA IN PLACE

53-54 Rock forward on right rock back on left
55&56 Right left right cha-cha-cha in place

REPEAT

LADIES' STEPS (REFLECTIONS)

RIGHT SIDE ROCK, ROCK BACK ON LEFT, RIGHT LEFT RIGHT CHA-CHA-CHA IN PLACE

1-2 Rock step right to right and rock back onto left
3&4 Right left right cha-cha-cha in place

LEFT SIDE ROCK, ROCK BACK ON RIGHT, LEFT RIGHT LEFT CHA-CHA-CHA IN PLACE

5-6 Rock step left to left and rock back onto right
7&8 Left right left cha-cha-cha in place

MAKING ½ TURN LEFT STEP FORWARD ON RIGHT, BRING LEFT UP RIGHT LEFT RIGHT CHA-CHA-CHA IN PLACE

Ladies raise left arm

9-10 Making a ½ turn left step forward on right, bring left next to right
11&12 Right left right cha-cha-cha in place

WALK BACK LEFT, RIGHT, LEFT RIGHT LEFT CHA-CHA-CHA IN PLACE

13-14 Walk backwards left walk backwards right
15&16 Left right left cha-cha-cha in place

WALK BACK RIGHT, LEFT, RIGHT LEFT RIGHT CHA-CHA-CHA IN PLACE

17-18 Walk backwards right walk backwards left
19&20 Right left right cha-cha-cha in place

STEP ¼ TURN RIGHT WITH LEFT, BRING RIGHT UP, LEFT RIGHT LEFT CHA-CHA-CHA IN PLACE

21-22 Step ¼ turn right with left, bring right next to left
23&24 Left right left cha-cha-cha in place

STEP ¼ TURN RIGHT WITH RIGHT, BRING LEFT UP TO IT, RIGHT LEFT RIGHT CHA-CHA-CHA IN PLACE

25-26 Step ¼ turn right with right, bring left next to right
27&28 Right left right cha-cha-cha in place (lady now facing LOD)

WALK FORWARD LEFT, RIGHT, LEFT RIGHT LEFT CHA-CHA-CHA IN PLACE

29-30 Walk forward left walk forward right

31&32 Left right left cha-cha-cha forward

WALK FORWARD RIGHT, LEFT, RIGHT LEFT RIGHT CHA-CHA-CHA IN PLACE

33-34 Walk forward right walk forward left

35&36 Right left right cha-cha-cha forward

CROSS ROCK LEFT OVER RIGHT, ROCK BACK ON RIGHT, LEFT RIGHT LEFT CHA-CHA-CHA IN PLACE

37-38 Cross rock left over right, rock back onto right

39&40 Left right left cha-cha-cha in place

MAKING ¼ TURN LEFT STEP RIGHT TO RIGHT, BRING LEFT UP, RIGHT LEFT RIGHT CHA-CHA-CHA IN PLACE

41-42 Making a ¼ turn left step right to right, bring left next to right

43&44 Right left right cha-cha-cha in place

STEP LEFT ACROSS RIGHT, RIGHT TO RIGHT, LEFT RIGHT LEFT CHA-CHA-CHA IN PLACE

45-46 Step left across right step right to right

47&48 Left right left cha-cha-cha in place

MAKING ¼ TURN RIGHT STEP FORWARD RIGHT, BRING LEFT UP, RIGHT LEFT RIGHT CHA-CHA-CHA IN PLACE

Lady raise left arm

49-50 Making a ¼ turn right step forward on right bring left next to right

51&52 Right left right cha-cha-cha in place (in front of man, left arm over right)

ROCK FORWARD ON LEFT, ROCK BACK ON RIGHT, LEFT RIGHT LEFT CHA-CHA-CHA IN PLACE

53-54 Rock forward on left rock back on right

55&56 Left right left cha-cha-cha in place

REPEAT
