

Shadows

COPPER KNOB
BY STEPHEN BRETZ

拍數: 64 牆數: 2 級數: Intermediate/Advanced
編舞者: Adrian Lefebour (AUS)
音樂: Almost Here - Delta Goodrem With Brian McFadden



SIDE ROCK REPLACE, ROCK FORWARD REPLACE, ½ TURN RIGHT, ½ PIVOT TURN, ½ TURN, ½ SHUFFLE

- 1-2& Rock left to left, replace weight back on right, step left next to right
3-4& Rock forward on right, replace weight back on left, step right forward for ½ turn over right shoulder
5-6& Step left forward and ½ pivot right, step left back for ½ turn over right shoulder
7&8& Do ½ turn shuffle forward over right shoulder - right left right, step left next to right (weight on left)

ROCK BACK REPLACE ½ TURN TWICE, BACK LOCK BACK TWICE

- 1-2& Rock back on right, replace weight back on left, ½ turn over left stepping right next to left
3-4& Rock back on left, replace weight back on right, ½ turn over right stepping left next to right
5&6 Step right back, lock left over right step right back
7&8 Step left back, lock right over left step left back

SWAY HIPS RIGHT LEFT, ½ TURN, RIGHT SAILOR DRAG, LEFT SAILOR DRAG, BEHIND SIDE

- 1-2&3 Step right to right sway hips right, sway hips left, ½ turn over right step right down, step left to left side
4&5 Right sailor step, drag left towards right
6&7 Left sailor step, drag right towards left
8& Step right behind left, step left slightly to left side

SWAY HIPS RIGHT LEFT, FULL TURN ON RIGHT, STEP LEFT FORWARD, BACK DRAG TWICE, SHUFFLE BACK

- 1-2 Step right to right - sway hips right, sway hips left
3-4 Step right down, do full turn on right while hitching left next to right - turning over right, step left forward
5&6& Step right back, drag left next to right, step left back, drag right next to left (do on diagonal)
7&8 Shuffle back on right stepping right left right (do on diagonal)

FULL TURN FORWARD, ROCK BACK REPLACE ½ TURN TWICE, BACK SHUFFLE

- 1&2 Full turn over left-step left down, step right back for ½ turn, step left forward for ½ turn
3-4& Rock back on right, replace weight back on left, ½ turn over left stepping right next to left
5-6& Rock back on left, replace weight back on right, ½ turn over right stepping left next to right
7&8 Shuffle back on right stepping right-left-right (do on diagonal)

FORWARD DRAG TWICE, SHUFFLE FORWARD, SHUFFLE FORWARD, ¾ CROSS UNWIND TURN

- 1&2& Step left forward, drag right next left, step right forward, drag left next to right (do on diagonal)
3&4 Shuffle forward on left - left-right-left
5&6 Shuffle forward on right - right-left-right
7-8 Cross left over right, unwind over right for ¾ turn (weight on right facing 3:00 wall)

ROCK REPLACE SIDE TWICE, RIGHT SAILOR, ½ BEHIND UNWIND TURN

- 1-2& Rock left to left, replace weight back on right, step left next to right
3-4 Rock right to right, replace weight back on left
5&6 Right sailor step
7-8 Touch left behind right, unwind behind left for ½ turn (weight on left facing 9:00 wall)

ROCK REPLACE ½ TURN TWICE, ¼ PIVOT TURN, FULL TURN OVER RIGHT

- 1&2 Rock forward on right, replace weight back on left, step right forward for ½ turn
3&4 Rock forward on left, replace weight back on right, step left forward for ½ turn
5-6 Step forward right, ¼ pivot turn left
7&8 Step right forward, step left back for ½, step right forward for ½ turn (moving forward)

REPEAT

RESTART

On wall 3, do the first 16 counts, then step right next to left for & count and restart dance
