

Velvet Lies

COPPER KNOB
STEPSHEETS

拍數: 60 牆數: 2 級數: Intermediate
編舞者: Lynn Davey (UK)
音樂: One Day In Your Life - Anastacia



RIGHT FORWARD, HOLD AND CLAP, FORWARD LEFT RIGHT STEP, HOLD AND CLAP CLAP, REPEAT LEFT LEG

1-2 Step forward right, body slightly angled to 10:00, hold and clap
&3&4 Step left forward behind right, step right forward, hold and clap twice,
5-6 Step forward left, body slightly angled to 2:00, hold and clap
&7&8 Step right forward behind left, step left forward, hold and clap twice

RIGHT, LEFT SIDE TOE TOUCHES, ¼ TURN RIGHT HEEL DIG, LEFT TOE TAP, STEP RIGHT FORWARD, HOLD, CLAP, FORWARD LEFT, RIGHT, HOLD, CLAP CLAP

1&2 Touch right toe to right side, step onto right, touch left toe to left side
&3&4 Step onto left, ¼ turn right, dig right heel, step onto right, tap left toe back
&5-6 Step onto left, step forward on right, clap

Optional body roll &5-6&7&8

&7&8 Step left forward behind right, step right forward, hold and clap twice

STEP ¼ PIVOT RIGHT, CROSS STEP, RIGHT STEP BACK ¼, TURN LEFT, STEP ¼, CROSS STEP RIGHT, STEP SIDE LEFT, HINGE ½ TURN RIGHT

1-2 Step forward left, ¼ turn right, weight on right
3&4 Cross step left across right, ¼ turn left, step back on right
5-6 ¼ Turn left, step onto left, cross step right over left
7-8 Step left to left side, hinge turn ½ right, step onto right

WALK LEFT, WALK RIGHT, SIDE ROCK FORWARD, WALK RIGHT, WALK LEFT, SIDE ROCK FORWARD

1-2 Walk forward left, walk forward right
3-4 Rock left to side, recover to right, step forward left
5-6 Walk forward right, walk forward left
7&8 Rock right to side, recover to left, step forward right

STEP BACK LEFT, BEND LEFT KNEE, DRAG RIGHT, STEP BACK RIGHT, BEND RIGHT KNEE, DRAG LEFT, SWEEP LEFT FRONT TO BACK, STEP LEFT, SWEEP RIGHT FRONT TO BACK, STEP RIGHT, DIG LEFT HEEL, STEP LEFT, TAP RIGHT TOE BACK

1-2 Step back long step left bend left knee, drag right
3-4 Step back long step right bend right knee, drag left
5-6 Sweep left front to back, step left, sweep right front to back, step right
7&8 Dig left heel forward, step left, tap right toe back

STEP BACK RIGHT, BEND RIGHT KNEE, DRAG LEFT, STEP BACK LEFT, BEND LEFT KNEE, DRAG RIGHT, SWEEP RIGHT FRONT TO BACK, STEP RIGHT, SWEEP LEFT FRONT TO BACK, STEP LEFT, DIG RIGHT HEEL, STEP RIGHT, TAP LEFT TOE BACK

1-8 Repeat previous 8 counts on right leg

WALK LEFT FORWARD, WALK RIGHT FORWARD, SHUFFLE LEFT FORWARD, HIP BUMPS RIGHT AND LEFT X 4

1-2 Walk left forward, walk right forward
3&4 Step forward left, step together right, step forward left
5&6&7&8 Bump hips forward right and back left x 4 (optional knees bend, up & down, up & down)

HIP BUMPS LEFT AND RIGHT X 4

1&2&3&4 Bump hips forward left and back right x 4

REPEAT

On wall 4 facing front, omit counts 33-48

Do the last 4 counts only when dancing to "One Day In Your Life" by Anastacia.
