

Vertical Rhythm (P)

COPPER KNOB
BY SHEETS

拍數: 56 牆數: 0 級數: Partner
編舞者: Diane Jackson (UK)
音樂: The Vertical Expression (Of Horizontal Desire) - The Bellamy Brothers



Position: Closed Western, man facing OLOD, mirror image dance. Steps are for the man unless stated

SIDE, ROCK STEP, CHASSE ¼ TURN, STEP TURN, SHUFFLE

- 1 Step left to left
2-3 **MAN:** Step back right behind left, rock step forward on left
 LADY: Step forward right, rock back left
4&5 Step right to right, step left to next to right, step right to right with ¼ turn right (RLOD)
Now side by side holding inside hands
6-7 Step forward on left, pivot ½ turn right, release left hands pick up inside hands after turn
8&9 Shuffle forward left, right, left (LOD)

ROCK STEP, SHUFFLE, ¼ TURN, CROSS SIDE CROSS, SIDE ROCK

- 10-11 Step forward on right, rock back on left
12&13 Shuffle forward right, left, right
14-15 Step forward left, turn ¼ turn right to face partner, weight on right. Pick up lady's right hand
16&17 Cross step left across right, right to right, cross step left across right
18-19 Right steps side right, rock weight back onto left

CROSS SIDE CROSS, SIDE ROCK, SHUFFLES TO CHANGE PLACES, ROCK STEP

- 20&21 Cross step right over left, step left to left, cross step right over left
22-23 Step left to left side, rock weight back onto right
24&25 Shuffle left, right, left forward (changing places)

Drop lady's left hand raise her right

- 26&27 Shuffle right, left, right (turning ½ turn left to face lady)

Pick up lady's left hand, man is now on outside of circle facing in

- 28-29 Step back on left, rock weight forward on to right

SHUFFLES, ¼ TURN, CROSS SIDE CROSS, SIDE ROCK

- 30&31 Turning ¼ turn left to face RLOD left shuffle forward, holding lady's left hand
32&33 Right shuffle forward - RLOD
34-35 Step forward left, turn ¼ turn right to face partner, weight on right pick up lady's right hand
36&37 Step left across right, right to right, left cross right
38-39 Right steps side right, rock weight back onto left

SHUFFLES TO CHANGE PLACES, ROCK STEP

Drop lady's right hand as you shuffle to change places end up side by side holding inside hands facing LOD

- 40&41 Shuffle forward right, left, right bringing lady under your right arm as you change places
42&43 Shuffle left, right, left (turning ¼ turn right to side by side holding inside hands) now facing LOD
44-45 Rock step back right, forward on left

FULL TURN ON 2 SHUFFLES, ROCK STEP

- 46&47 Shuffle right, left, right turning left away from partner drop hands (progressing up LOD)
48&49 Shuffle left, right, left continuing turn to face LOD you will now have completed a full turn
50-51 Step forward right, rock back on left
52&53 Shuffle forward right, left, right

¼ TURN, SIDE TOGETHER

54-55 Step forward left, turn ¼ turn right to face partner, weight on right

56& Step left to left, step right next to left

REPEAT
