

It's Not Impossible

COPPER KNOB
BY STEPHEN

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Jacquie Winchester (UK)
音樂: The Impossible - Joe Nichols



STEP, STEP LOCK STEP, STEP

1-2&3-4 Step forward on right foot, step forward left foot, lock right foot behind left, step forward left foot, step forward right foot

SIDE, BEHIND, ¼ LEFT, STEP, PIVOT ½

5-6&7-8 Step left on left foot, cross right foot behind left, step ¼ turn left on left foot, step forward on right foot, pivot ½ turn left

SIDE ROCK CROSS

9&10 Rock right on right foot, step left foot in place, cross right foot over left

SIDE ROCK CROSS

11&12 Rock left on left foot, step right foot in place, cross left foot over right

SIDE, BEHIND, ¼ RIGHT, STEP, STEP

13-14&15-16 Step right on right foot, cross left foot behind right, step right foot ¼ right, step forward left foot, step forward right foot

½ RIGHT STEP BACK, SWEEP INTO SAILOR STEP, ROCK

17-18&19-20 Turning ½ turn right step back on left foot, sweep right foot round to cross behind left, step left foot to left, step right foot to right, rock weight back onto left foot

SAILOR STEP, BEHIND SIDE FRONT

21&22-23&24 Cross right foot behind left, step left foot to left, step right foot to right, cross left foot behind right, step right foot to right, cross left foot over right

ROCK, ¼ SHUFFLE LEFT, ½ LEFT TO STEP BACK

25-26&27-28 Step right foot to right, shuffle ¼ turn left on left, right, left, turning ½ to left step back on right foot

ROCK, SHUFFLE, STEP

29-30&31-32 Rock back on left foot, shuffle forward on right, left, right, step left foot to left

CROSS, UNWIND & CROSS, HOLD

33-34&35-36 Cross right foot over left, unwind full turn left, step left foot to left, cross right foot over left, hold 1 count

STEP, CROSS ROCK ¼ RIGHT, ROCK

37-38&39-40 Step left foot to left, cross rock right foot over left, rock weight back onto left foot, step right foot ¼ turn right, rock forward onto left foot

ROCK, ½ LEFT TURNING SHUFFLE, STEP

41-42&43-44 Rock back onto right foot, shuffle ½ turn left on left, right, left, step forward on right foot

PIVOT ½ LEFT, ¼ LEFT TURNING SHUFFLE, STEP

45-46&47-48 Pivot ½ turn left, turning ¼ turn to left shuffle right on right, left, right, step left foot beside right

REPEAT

TAG

At end of wall 2 (facing back)

ROCKING CHAIR

1-4 Rock forward on right foot, rock back on left foot, rock back on right foot, rock forward on left foot

RESTART

During wall 5 (front wall), dance up to count 20, sway hips right and left and start dance again from beginning.
