

Insatiably Yours

COPPER **NOB**
BY STEPHEN HETS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Karen Hadley (UK)
音樂: Insatiable - Darren Hayes : (Album Version)



SIDE, TOGETHER, ¼ TURN RIGHT, STEP, PIVOT ½ TURN, STEP, FORWARD ROCK, STEP, BACK ROCK, STEP

1&2 Step right to right side, step left beside right, step right making ¼ turn right
3&4 Step forward on left, pivot ½ turn right, step forward on left
5&6 Rock forward on right, recover onto left, step back on right
7&8 Rock back on left, recover onto right, step forward on left

PIVOT ½ TURN, STEP, STEP, PIVOT ½ TURN, STEP, FULL TURN, STEP, ¼ TURN, CROSS, SIDE, CROSS, SWEEP

&1 Pivot ½ turn right, step forward on left
2&3 Step forward on right, pivot ½ turn left, step forward on right
4-5 Step forward on left, on ball of left full turn right, step forward on right (alternative: 2 walks forward)
6& Step forward on left, pivot ¼ turn right
7& Cross step left over right, step right to right side
8& Cross step left over right, sweep right out to front

CROSS, ROCK, SWEEP, BEHIND, SIDE, CROSS, SIDE ROCK, ½ TURN RIGHT, SIDE, BACK ROCK, SIDE

1&2 Cross rock right over left, recover onto left, sweep right out to behind left
3&4 Cross step right behind left, step left to left side, cross step right over left
5&6 Rock left to left side, recover onto right making ½ turn right, large step left to left side
7&8 Rock back on right diagonally behind left, recover onto left, large step right to right side

CROSS ROCK QUARTER TURN LEFT, STEP, PIVOT ½ TURN, STEP, STEP-LOCK-STEP, SKATE RIGHT, SKATE LEFT

1&2 Cross rock left over right, recover onto right, step left ¼ turn left
3&4 Step forward on right, pivot ½ turn left, step forward on right
5&6 Step forward left on diagonal, lock step right behind left, step forward on left on diagonal
7-8 Skate right to right side, skate left to left side

REPEAT
