

Inside My Soul

COPPER KNOB
BY STEPHEN

拍數: 0 牆數: 4 級數: Intermediate
編舞者: Heather Frye (CAN)
音樂: Don't Need You (To Tell Me I'm Pretty) - Samantha Mumba



Sequence: ABC, AB, A-, BB

PART A - 56 COUNTS

RIGHT SAILOR, CROSS SHUFFLE, RIGHT MAMBO, LEFT MAMBO

- 1&2 Cross step right behind left (angle body slightly), step left to side, step right slightly forward and to right side
- 3&4 Cross step left across right, step side right, cross step left across right
- 5&6 Side rock step with right foot, step left in place, step right beside left
- 7&8 Side rock step with left foot, step right in place, step left beside right

RIGHT KICK BALL CROSS (2 TIMES), FULL TURN LEFT, ROCK, RECOVER

- 1&2 Kick right foot to left corner (body is angled slightly on a 45 degree angle), rock back with ball of right foot, step side left
- 3&4 Kick right foot to left corner (body is angled slightly on a 45 degree angle), rock back with ball of right foot, step side left
- 5-6 Cross right over left making a ¼ turn left, unwind on right foot ½ turn left
- 7-8 Turn ¼ turn left rocking onto left foot, recover onto right

LEFT SAILOR, CROSS SHUFFLE, LEFT MAMBO, RIGHT MAMBO

- 1&2 Cross step left behind right (angle body slightly), step right to side, step left slightly forward and to left side
- 3&4 Cross step right across left, step side left, cross step right across left
- 5&6 Side rock step with left foot, step right in place, step left beside right
- 7&8 Side rock step with right foot, step left in place, step right beside left

LEFT KICK BALL CROSS (2 TIMES), REVERSE SWING & SWAY TURN, TOUCH

- 1&2 Kick left foot to right corner (body is angled slightly on a 45 degree angle), rock back with ball of left foot, step side right
- 3&4 Kick left foot to right corner (body is angled slightly on a 45 degree angle), rock back with ball of left foot, step side right
- 5-6 Step left diagonally forward crossing in front of right, step right to right side rotating ¼ turn left
- 7-8 Turn ¼ turn left taking stepping onto left (your step should be slightly larger than average), touch right beside left

MAMBO STEP MAKING A ¾ TURN LEFT

- 1&2 Side rock step with right foot, step left in place, pivot ¼ turn left on left and touch right beside left
- 3&4 Side rock step with right foot, step left in place, pivot ¼ turn left on left and touch right beside left
- 5&6 Side rock step with right foot, step left in place, pivot ¼ turn left on left and touch right beside left
- 7&8 Side rock step with right foot, step left in place, touch right beside left

SWAGGER WALK FORWARD RIGHT, LEFT, RIGHT, LEFT, STEP BACK RIGHT LEFT, FULL HIP ROLL

- 1-2-3-4 Walk forward crossing right slightly over left, left slightly over right, right slightly over left, left slightly over right
- 5-6 Step slightly back onto right, step slightly back and out onto left
- 7-8 Begin hip roll to the left from the left, continue hip roll so that weight ends up on left

SIDE SHUFFLE RIGHT, ROCK, RECOVER, STEP ½ TURN RIGHT, PIVOT ½ TURN RIGHT, STEP BACK LEFT RIGHT

- 1&2 Right side shuffle stepping right, left, right
3-4 Rock step left foot behind right, recover onto right
5-6 Step left foot forward, turn ½ right stepping onto right
7&8 Pivot ½ turn right on right foot and step back onto left, step back onto right foot, step left foot beside right

PART A-

- 1-40 Do the first 40 counts of Part A (to the end of the mambo ¾ turn)

PART B - 28 COUNTS

STEP TOGETHER - STEP TOGETHER STEP (RIGHT THEN LEFT)

- 1-2 Step right forward on a 45 degree angle, step left foot beside right
3&4 Step right forward on a 45 degree angle, step left foot beside right, step forward onto right foot
5-6 Step left forward on a 45 degree angle, step right foot beside left
7&8 Step left forward on a 45 degree angle, step right foot beside left, step forward onto left foot

WALK BACK RIGHT, LEFT, RIGHT COASTER STEP, WALK FORWARD LEFT RIGHT, FULL SPIRAL TURN LEFT STEP FORWARD LEFT

- 1-2 Walk back right, left
3&4 Step right back, close left to right, step forward onto right
5-6 Walk forward left, right
7-8 Pivot full turn left on ball of right foot while hooking left foot across right ankle, step forward onto left

4 SHUFFLE IN PLACE RIGHT AND LEFT, KICK STEP ROCK STEP (2 TIMES)

- 1&2 Shuffle in place right, left, right (body slightly angled)
3&4 Shuffle in place left, right, left (body slightly angled)
5&6& Kick right forward on a 45 degree angle, rock step right behind left, recover onto left, step side right
7&8& Kick left forward on a 45 degree angle, rock step left behind right, recover onto right, step side left

KICK, STEP BEHIND, STEP BEHIND BALL STEP

- 1-2 Kick right forward on a 45 degree angle, cross step right behind left
3&4 Step side left, cross step right behind left, step side left

PART C - 8 COUNTS

CROSS UNWIND, SHUFFLE RIGHT, CROSS UNWIND, SHUFFLE LEFT

- 1-2 Cross step right over left, unwind full turn left on left foot
3&4 Right side shuffle stepping right, left, right
5-6 Cross step left over right, unwind full turn right on right foot
7&8 Left side shuffle stepping left, right, left

Styling note: on count 8 of the left side shuffle, slowly drag right to left. This will leave your right leg extended and gives better flow into the sailor shuffle at the beginning of Part A.

ENDING OPTION

At the end of the song, the music will slow down a lot. Do the first 4 counts of B, (right step together - step - touch) then make a ¼ turn left and do the next 4 counts (left step together - step - touch) and hold for the last couple of counts. This will allow you to end the dance at the wall where you began.
