

I'm Gone

COPPER KNOB
BY STEPHEN BATES

拍數: 32 牆數: 2 級數: Improver
編舞者: William Sevone (UK)
音樂: Long Time Gone - The Chicks



This dance is done at half speed (86 bpm)

RIGHT DIAGONAL SUGARFOOT, RIGHT DIAGONAL SUGARFOOT-TOGETHER, LEFT DIAGONAL SUGARFOOT, LEFT DIAGONAL SUGARFOOT-TOGETHER

- 1-2 Touch right toe to left instep, touch right heel diagonally forward right
3&4 Touch right toe to left instep, touch right heel diagonally forward right, step right foot next to left
5-6 Touch left toe to right instep, touch left heel diagonally forward left
7&8 Touch left toe to right instep, touch left heel diagonally forward left, step left foot next to right

BACKWARD STEP LOCK, BACKWARD STEP-STEP LOCK, STEP STEP, ¼ RIGHT SIDE STEP, CROSS TOUCH-TOGETHER-½ LEFT SIDE STEP

- 9-10 Step backward onto right foot, lock left foot across front of right
11&12 Step backward onto right foot, step backward onto left foot, lock right foot across front of left
13-14 Step backward onto left foot, turn ¼ right & step right foot to right side
15&16 Cross touch left toe over right foot, step left foot next to right, turn ½ left & step right foot to right side

LEFT PENDULUM TOE & HEEL TOUCHES WITH EXPRESSION, RIGHT PENDULUM TOE & HEEL TOUCHES WITH EXPRESSION

- 17-18 (Body leaning forward) touch left toe backward, (body straight) tap left toe next to right foot
19&20 (Body gradually leaning backward - heel gradually moving forward) tap left heel, tap left heel, tap left heel
& Step left foot next to right
21-22 (Body leaning forward) touch right toe backward, (body straight) tap right toe next to left foot
23&24 (Body gradually leaning backward - heel gradually moving forward) tap right heel, tap right heel, tap right heel

With arms bent at right angle to shoulders at all times - as the 'pendulum' swings, swing arms at same time

TOGETHER-CROSS STEP, SIDE STEP, STEP BEHIND-SIDE-CROSS, SIDE ROCK ¼ LEFT STEP, STOMP-SIDE TOUCH-TOGETHER

- &25-26 Step right foot next to left, cross step left foot over right, step right foot to right side
27&28 Cross step left foot behind right, step right foot to right side, cross step left foot over right
29-30 Rock right foot to right side, turn ¼ left & step onto left foot
31&32 Stomp right foot next to left, touch left toe to left side, step left foot next to right

REPEAT

RESTART

At the end of the 2nd wall after count 30 (omitting counts 31 & 32) restart dance from beginning

DANCE FINISH

On the 10th wall continue dance up to and including count 16 then do the following:

- 1 Turn ¼ left & step backward onto left foot
2-3 Walk backward: right foot, left foot
4 Touch right toe next to left foot with right hand on hat brim and left hand on left hip