

I Still Believe

COPPER KNOB
BY STEPHEN METZ

拍數: 48 牆數: 2 級數: Intermediate waltz
編舞者: Noel Castle (AUS)
音樂: I Still Believe - Scooter Lee



ROCK, RECOVER, CROSS - SIDE, BEHIND, ¼ LEFT FORWARD

1-2-3 Rock right side, recover weight left, cross right over left
4-5-6 Step left side, cross right behind left, pivot ¼ left on ball of right and step left forward

FORWARD ½ LEFT, TOGETHER, FORWARD - FORWARD ½ RIGHT, TOGETHER, FORWARD

1-2-3 Step right forward into ½ turn left, close left to right, step right forward
4-5-6 Step left forward into ½ turn right, close right to left, step left forward

Bend left knee in preparation for turns backward

BACK, SWING, FORWARD (½ TURN LEFT) - FORWARD, SWING, FORWARD (FULL TURN LEFT)

1-2-3 Step right back starting ½ left turn, swing left around completing ½ turn, step left forward
4-5-6 Step right forward starting full left turn, swing left around continuing full turn, step left forward completing full turn

ROCK, RECOVER, ¼ RIGHT SIDE - CROSS, SIDE, BEHIND

1-2-3 Rock right forward, recover left back with a ¼ turn right, step right side
4-5-6 Cross left over right, step right side, cross left behind right

SIDE, ROCK, RECOVER - BACK, ROCK, RECOVER

1-2-3 Step right side (slightly forward), rock left forward (face 1:00), recover right back
4-5-6 Step left back/diagonal (facing 1:00), rock right back, recover left forward (straighten to 12:00)

½ LEFT, TOGETHER, TOGETHER - BACK, TOGETHER, FORWARD

1-2-3 Step right into ½ turn left, close left to right, step right in place
4-5-6 Step left back, close right to left, step left forward

SIDE, ROCK, RECOVER - BACK, ROCK, RECOVER

1-2-3 Step right side (slightly forward), rock left forward (face 1:00), recover right back
4-5-6 Step left back/diagonal (facing 1:00), rock right back, recover left forward (straighten to 12:00)

½ LEFT, TOGETHER, TOGETHER - BACK, TOGETHER, FORWARD

1-2-3 Step right into ½ turn left, close left to right, step right in place
4-5-6 Step left back, close right to left, step left forward

REPEAT

To be technically correct, all three steps in a waltz are supposed to be of equal length. But the choreographer here would like you to use long strides on counts 1 and 4, and shorter steps on counts 2,3 and 5,6.