

Here Lately

COPPER KNOB
BY STEPHENETS

拍數: 64 牆數: 4 級數: Improver
編舞者: Max Perry (USA)
音樂: Here Lately - Scooter Lee



PROGRESSIVE 2ND POSITION BREAKS (SIDE ROCKS) TO CROSS UNWIND TURN (½ LEFT)

- 1-4 Step left forward, hold, step right to right side, step left in place
- 5-8 Step right forward directly in front of left, hold, step left to left side, step right in place
- 1-4 Step left forward directly in front of right foot, hold, step right to right side, step left in place
- 5-8 Cross right over left, hold, unwind turning ½ left over two counts

End with weight on the right foot. Now facing the 6:00 wall

WALK FORWARD, FORWARD, FORWARD, FORWARD & TURN ½ LEFT, HOOK

- 1-4 Step left forward, hold, step right forward, step left forward
- 5-6 Step right forward & turn ½ left keeping weight on right foot
- 7-8 Draw left toe back toward and across the right foot, then up off the floor to hook just below the right knee over two counts

Now facing the original 12:00 wall.

CURVING CUBAN WALKS, CIRCLING

- 1-4 Step left forward and to the left toe turned out, starting to walk in a circle to the left, hold, step right forward curving left, step left forward circling left
- 5-8 Repeat curving walks right-left-right

You should end up facing the wall you started with, having just circled a full circle in one small area on the floor. Imagine if you will, a hula-hoop laying on the floor and you are going to walk around it. Your weight will end up on the right foot facing 12:00.

CROSS OVER BREAKS (CROSS OVER ROCK STEPS)

- 1-4 Step left to left side, hold, cross right over left, step left in place
- 5-8 Step right to right side, hold, cross left over right, step right in place

LEFT & RIGHT WALK AROUND TURNS

- 1-4 Step left to left side toe turned out body starting to turn left, hold, cross right over left turning left, step left in place turning left, completing a full circle to the left
- 5-8 Step right to right side toe turned out body starting to turn right, hold, cross left over right turning right, step right in place turning right, completing a full circle to the right

The amount of rotation breaks down for each turn as follows: 1/8, ¾, 1/8

5TH POSITION BREAK (ROCK STEP), 5TH POSITION BREAK WITH ¼ TURN (SLIP 5TH)

- 1-4 Step left to left side, hold, rock right behind left, step left in place turning left
- 5-8 Step right to right side, hold, rock left behind right, step right in place turning right

5th position is the toe of one foot towards the heel of the other-not necessarily touching. A "slip pivot" or "slip 5th" occurs when instead of rocking in 5th, you step back, back.

RUMBA BOX

- 1-4 Step left forward, hold, step right to right side, step left next to right
- 5-8 Step right back, hold, step left to left side, step right next to left

REPEAT