

From This Day On

COPPER **NOB**
BY STEPHEN HETS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Gaye Teather (UK)
音樂: You'll Be In My Heart - Phil Collins



Dedicated to Chris Mellors, friend, fellow dance instructor and "musical advisor!"

SIDE, TOUCH, BALL CROSS, QUARTER RIGHT, QUARTER RIGHT, TOUCH, BALL WALK, WALK

1-2 Step right to right side, (long step) touch left beside right
& Step down onto ball of left foot
3-4 Cross right over left, make quarter turn right stepping back on left (facing 3:00)
5-6 Make quarter turn right stepping right to right, touch left beside right (facing 6:00)
& Step slightly back on ball of left foot
7-8 Walk forward right, left

FORWARD ROCK, BALL, CROSS, BACK, BALL, CROSS, BACK, BEHIND, QUARTER TURN LEFT, STEP

1-2 Rock forward on right, recover onto left
& Step slightly back on ball of right foot
3-4 Cross left over right, step right back on right diagonal
& Step slightly back on ball of left foot
5-6 Cross right over left, step left back on left diagonal
7&8 Cross right behind left, make quarter turn left stepping forward on left, step forward on right (facing 3:00)

FORWARD ROCK, COASTER STEP, FORWARD ROCK, TRIPLE ONE AND A HALF TURNS RIGHT

1-2 Rock forward on left, recover onto right
3&4 Step back on left, step right beside left, step forward on left
5-6 Rock forward on right, recover onto left
7&8 Half turn right stepping forward on right, half turn right stepping back on left, half turn right stepping forward on right (facing 9:00)

Option: steps 7 & 8 can be replaced with a shuffle half turn right stepping right, left, right

FORWARD ROCK, LEFT LOCK STEP BACK, BACK ROCK, KICK-BALL-CROSS

1-2 Rock forward on left, recover onto right
3&4 Step back on left, lock right over left, step back on left
5-6 Rock back on right, recover onto left
7&8 Kick right forward, step right in place, cross left over right

REPEAT

TAG

At the end of wall 4, facing 12:00 wall

POINT, CROSS, UNWIND FULL TURN LEFT

1-2 Point right toe to right, cross right over left (keeping weight on left)
3-4 Unwind a full turn over left shoulder (weight ends on left)