

For Reasons I've Forgotten

COPPER KNOB
BY STEPHEN BRETZ

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Rosalie Mackay (AUS)
音樂: For Reasons I've Forgotten - Jamie O'Hara



SIDE, TOGETHER, SHUFFLE FORWARD, ROCK FORWARD/BACK, BACK/FORWARD

1-2-3&4 Step left to side, step right together, shuffle forward left, right, left
5-6-7-8 Rock/step right forward, rock back on left, rock/step right back, rock forward on left

SIDE, TOGETHER, SHUFFLE BACK, ROCK BACK/FORWARD, THREE-QUARTER TURN, SIDE SHUFFLE

1-2-3&4 Step right to side, step left together, shuffle back right, left, right
5-6-7-8&1 Rock/step left back, rock forward on right, step left forward & turn $\frac{3}{4}$ turn right, shuffle to right (right, left, right)

QUARTER, HOLD, HALF, HOLD, BACK, SHUFFLE FORWARD

2-3-4-5 Turn $\frac{1}{4}$ turn left & step left forward, hold, turn $\frac{1}{2}$ turn left & step right back, hold
6-7&8 Step left back, shuffle forward right, left, right

QUARTER-PIVOT, CROSS SHUFFLE, QUARTER, HITCH/HALF, SHUFFLE FORWARD

1-2-3&4 Step left forward, turn $\frac{1}{4}$ turn right transferring weight to right, cross left over right, step right to side, cross left over right
5-6-7&8 Turning $\frac{1}{4}$ turn left step right back, turn $\frac{1}{2}$ turn left on ball of right hitching left knee, shuffle forward left, right, left

ROCK FORWARD/BACK, BACK, POINT, BACK, POINT, BACK, POINT

1-2-3-4 Rock/step right forward, rock back on left, step right back, point left toe to side
5-6-7-8 Step left back, point right toe to side, step right back, point left toe to side

CROSS, SIDE, CROSS, SWEEP, CROSS, HALF-TURN, SIDE SHUFFLE

1-2-3-4 Cross left over right, step right to side, cross left over right, sweep right forward
5-6-7&8 Cross right over left, turning $\frac{1}{4}$ turn right step left back, turning a further $\frac{1}{4}$ turn right shuffle to right (right, left, right)

QUARTER, HOLD, & THREE-QUARTER TURN, CROSS, QUARTER/BACK, TOGETHER, FORWARD COASTER

1-2&3-4 Turning $\frac{1}{4}$ turn left step left forward, hold, traveling forward & turning $\frac{3}{4}$ turn left quickly step on right, step left to side, cross right over left
5-6-7&8 Turning $\frac{1}{4}$ turn right step left back, step right beside left, step left forward, step right beside left, step left back

HIP SWAYS, FORWARD, FULL TURN, SIDE & CROSS

1-2-3-4 Stepping back on right & turning $\frac{1}{4}$ turn right sway hips right, left, right turn $\frac{1}{4}$ turn left & step left forward
5-6-7&8 Traveling forward & turning full turn left step right, left, step right to right side, quickly step left beside right (slightly back), cross right over left

REPEAT

TAG

There are 4 extra counts after wall 1:

1-4 Step left to left side and sway hips left, right, left, right