

Comfort Zone

COPPER KNOB
BYEFOOTETS

拍數: 0 牆數: 2 級數: Intermediate
編舞者: Michael Vera-Lobos (AUS)
音樂: You Won't Ever Be Lonely - Andy Griggs



Sequence: ABA, ABA, BA

I want to dedicate this to Margaret Parrish from Helensvale for always making me feel welcome and being a good friend. Thank you.

PART A

CROSS ROCK, RECOVER, ¼ LEFT, ½ LEFT, STEP BACK, SHUFFLE BACK, ROCK BACK/FORWARD

- 1-2-3&4 Cross/rock left over right, rock weight back on right, step left to left turning ¼ turn left, step forward right turning ½ turn left, step back on left
- 5&6-7-8 Shuffle back right stepping right-left-right, rock back on left, rock forward on right

TRAVELING FORWARD TURN full turn RIGHT, LOCK/STEP, FULL TURN, STEP FORWARD, TAP BESIDE

- 1&2-3-4 Traveling forward turn full turn right stepping left-right-left, step forward right, lock left behind right
- 5&6-7-8 Traveling forward turn full turn right stepping right-left-right, step forward left, tap right beside left

DIAGONAL BACK, CROSS, BALL CROSS, STEP, DIAGONAL, STEP, CROSS, BALL CROSS, STEP

- 1-2&3-4 Step back on right 45 degrees right, cross left over right, step back on ball of right crossing left over right, step back on right
- 5-6&7-8 Step back on left 45 degrees left, cross right over left, step back on ball of left crossing right over left, step back on left (end weight left)

¼ RIGHT, SIDE ROCK, BEHIND, SIDE, CROSS, UNWIND ¾, ¼ LEFT, CROSS SHUFFLE

- 1-2-3&4 Step back on right turning ¼ turn right, rock weight to left side traveling left step right behind left, step left to left side, cross right over left
- 5-6-7&8 Unwind ¾ turn left (end weight right), step back on left turning ¼ turn left, cross shuffle right over left stepping right-left-right

STEP SIDE, ¼ RIGHT, ¾ TURN CROSS LEFT, STEP SIDE, BEHIND, BALL CROSS SIDE STEP

- 1-2-3&4 Step left to left side, pivot ¼ turn right (end weight right), traveling forward turn ¾ turn right, step forward left turning ¼ turn left, step back on right turning ½ turn right, cross left over right
- 5-6&7-8 Step right to right side, cross left behind right, step right to right side crossing left foot over right, step right to right

ROCK BACK, ROCK FORWARD, SHUFFLE FORWARD, FULL TURN, SHUFFLE FORWARD

- 1-2-3&4 Rock back on left, rock forward on right, shuffle forward left, stepping left-right-left
- 5-6-7&8 Traveling forward turn full turn right over right stepping on right then left, shuffle forward right (right-left-right)

PART B

ROCK FORWARD, ROCK BACK, COASTER, STEP ½ PIVOT, STEP ½ PIVOT CROSS SHUFFLE

- 1-2-3&4 Rock forward left, rock back on right, step back on left, step right beside left, step forward on left
- 5-8 Step forward right, pivot ½ turn left, step forward right, pivot ½ turn left
- 9&10 Cross shuffle right over left (right-left-right)

¼ RIGHT, ¼ RIGHT, CROSS SAMBA, CROSS SAMBA

1-2-3&4 Step left to left turning $\frac{1}{4}$ turn right, step back on right turning $\frac{1}{4}$ turn right, cross left over right, rock right to right, rock center on left

5&6 Cross right over left, rock left to left, rock weight to right

REPEAT
