

Anyone Of Us

COPPERKNOB
BY STEPHEN

拍數: 0 牆數: 2 級數: Intermediate
編舞者: Maureen Jones (UK) & Michelle Jones (UK)
音樂: Anyone Of Us (Stupid Mistake) - Gareth Gates



Sequence: ABBC ABBC ABBC

The dance starts 16 counts from the beginning of the track i.e. as the very first vocals begin "I've been letting you down...."

PART A

DIAGONAL STEP, ½ PIVOT, DIAGONAL SHUFFLE, DIAGONAL TOUCH, HEEL TWIST WITH ¼ TURN, SHUFFLE

- 1-2 Step right diagonally forward right (2:00), pivot ½ turn left (now facing 8:00)
- 3&4 Shuffle forward on right, left, right (towards 8:00)
- 5-6 Touch left forward (towards 8:00), with weight on ball of right twist both heels left to make ¼ turn right (straighten up towards 12:00)
- 7&8 Shuffle forward on left, right, left (facing 12:00)

Counts 1-5 are danced on the diagonal between 2:00 and 8:00

ROCK, TOUCH, ½ PIVOT, TOUCH, ½ PIVOT, COASTER-CROSS

- 9-10 Rock forward onto right, recover back onto left
- 11-12 Touch right back, pivot ½ turn right transferring weight onto right
- 13-14 Touch left forward, pivot ½ turn right transferring weight onto left
- 15&16 Step right back, step left beside right, step right across left

ROCK, BEHIND-SIDE-CROSS, ROCK, LARGE DIAGONAL STEP, DRAG

- 17-18 Rock left to left, recover right onto right
- 19&20 Step left behind right, step right to right, step left across right
- 21-22 Rock right to right, recover left onto left
- 23-24 Step right large step across left, drag left towards right

¼ PIVOT, SHUFFLE, RONDE WITH ¼ TURN, TOUCH, DIAGONAL STEPS

- 25-26 Step left to left, pivot ¼ turn right
- 27&28 Shuffle forward on left, right, left
- 29-30 Make ¼ turn left while sweeping right foot out to right, touch right beside left
- 31-32& Step right large step diagonally forward right, touch left beside right, step left diagonally forward right (facing 2:00)

DIAGONAL STEP, ½ PIVOT, DIAGONAL SHUFFLE, DIAGONAL TOUCH, HEEL TWIST WITH ¼ TURN, SHUFFLE, ROCK, TOUCH, ½ PIVOT, TOUCH, ½ PIVOT, ROCK

- 33-46 Repeat counts 1-14
- 47-48 Rock right behind left, recover forward onto left

PART B

ROCK, REVERSE SHUFFLE, ROCK, STEP, POINT-½ TURN

- 1-2 Rock forward onto right, recover back onto left
- 3&4 Shuffle back on right, left, right
- 5-6 Rock back on left, recover forward onto right
- 7-8 Step left forward (angling toes left), point right forward (towards 12:00) and, keeping right toe in position, make ½ turn left on ball of left (right toe now touching back)

Count 8 is a flowing movement - the point and turn are danced simultaneously

ROCK, ½ SHUFFLE TURN, ¼ TURN-POINT, CROSS, POINT, CROSS

- 9-10 Rock forward on right, recover back on left
11&12 Make ¼ turn right and step right to right, step left beside right, make ¼ turn right and step right forward
13-14 Make ¼ turn right and point left to left, step left across right
15-16 Point right to right, step right across left

ROCK, BEHIND-TURN-STEP, ROCK, ½ TURN WITH STEP, POINT-RISE

- 17-18 Rock left to left, recover right onto right
19&20 Step left behind right, make ¼ turn right and step right forward, step left forward
21-22 Rock right forward, recover back onto left
23-24 Make ½ turn right and step right forward (bending knee), point left forward (toe slightly above floor level) and rise up on right toe

Easier option for count 24:- kick left low kick forward

LARGE STEP BACK, RONDE, MODIFIED SAILORS, ½ PIVOT

- 25-26 Large step back on left (bending left knee), ronde right out to right and around behind left (straightening left knee)
27&28 Step right behind left, step left to left, step right large step diagonally forward right
29&30 Step left behind right, step right to right, step left large step diagonally forward left
31-32 Step right forward, pivot ½ turn left (weight on left)

PART C

DIAGONAL STEPS AND TOUCHES

- 1-2 Step right diagonally forward right, touch left beside right
3-4 Step left diagonally back left, touch right beside left
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