

All I Need Is A Miracle

COPPERKNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Jo Kinser (UK) & Amy Christian (USA)
音樂: All I Need Is A Miracle - Mike + The Mechanics



Sequence: 32, 32, 24 Restart, 32, 20 Restart, 32, 32, 24 Restart, 32, 20 Restart, 32, 24 Restart, 32

LEFT TOE HEEL, RIGHT KICK BALL CHANGE, RIGHT TOE HEEL, LEFT ROCK STEP (TRAVELING FORWARD)

1-2 Touch left forward, replace weight left
3-4 Kick right forward, replace weight right, step left forward
5-6 Touch right forward, replace weight right
7-8 Rock left forward, replace weight right

½, ½, SHUFFLE ½, ROCK FORWARD, STEP BACK, TOUCH

1-2 Make ½ turn left stepping forward left, make ½ turn left stepping back right
3&4 Make ½ turn left and shuffle forward left, right, left
5-6 Rock right forward, replace weight left
7-8 Step back right, touch left next to right

Easier option:

2 Step forward right
3&4 Shuffle forward left, right, left

LEFT KICK BALL CHANGE, STEP ¼ CROSS, SHOULDER POPS, CHEST FORWARD, CHEST BACK

1&2 Kick left forward, step back on ball of left, step forward right
3&4 Step left forward, ¼ turn right stepping right side right, step left across right

Restarts here on walls 5 and 10 changing steps to

3-4 Step left forward, pivot ¼ right weight right
5-6 Step right to right side as you pop right shoulder to right side, pop left shoulder to left side
7-8 Push chest forward, compress chest inwards/backwards

Restarts here on walls 3, 8, 12

BALL CROSS, UNWIND, KICK OUT OUT, SHOULDER POPS, CHEST FORWARD, CHEST BACK

&1-2 Cross ball of right behind left, cross left in front of right, unwind ½ turn right
3&4 Kick right forward, step right back to right side, step left back to left side
5-6 Pop right shoulder to right side, pop left shoulder to left side
7-8 Push chest forward, compress chest inwards/backwards

REPEAT

CHORUS ONLY: ARMS FOR FUN ON COUNTS 1,2 AND 5,6

1-2 Touch left forward, replace weight left
Left arm across body take arm up to 12:00 and circle out to 8:00
5-6 Touch right forward, replace weight right
Right arm across body take arm up to 12:00 and circle out to 4:00