

The Light In Our Soul

COPPER **NOB**
BY STEPHEN

拍數: 40 牆數: 4 級數: Intermediate
編舞者: Sebastiaan Holtland (NL) - August 2007
音樂: The Light In Our Soul - Helena Paparizou



start dancing after the 17 seconds

ROCK/RECOVER, 1/2 SHUFFLE TURN, ROCK/RECOVER, 1/2 SHUFFLE TURN

1-2 Rf rock forward, Lf recover (facing 12:00)
3&4 1/2 turn right, Rf step forward, Lf glose behind Rf, Rf step forward (facing 6:00)
5-6 Lf rock forward, Rf recover
7&8 1/2 turn left, Lf step forward, Rf glose behind Lf, Lf step forward (facing 12:00)

1/2 TURN AND SHUFFLE BACK, ROCK/RECOVER, SHUFFLE FWD, 1/4 SAILOR CROSS

9&10 1/2 turn left, Rf step back, Lf glose fwd Rf, Rf step back (facing 6:00)
11-12 Lf step back, Rf recover
13&14 Lf step forward, Rf glose behind Lf, Lf step forward (facing 6:00)
15&16 1/4 turn right and cross Rf behind Lf, Lf step to the Left side, Rf across Lf in 6 position (facing 9:00)

FULL SWEEP TURN, SAILOR AND CROSS, ROCK 1/4 TURN, SHUFFLE FWD

17-18 Full turn with sweep from front to back (facing 9:00)
19&20 Rf step behind Lf, Lf step to the left side, Rf across Lf in 6 position (facing 9:00)
21-22 Rf side rock, Lf recover and make 1/4 turn left (facing 6:00)
23-24 Rf step forward, Lf glose behind Rf, Lf step forward (facing 6:00)

ROCK 1/4 TURN, SHUFFLE FWD, STEP 1/2 PIVOT TURN, STEP 1/4 PIVOT TURN

25-26 Lf side rock, Rf recover and make 1/4 turn right (facing 12:00)
27&28 Lf step forward, Rf glose behind Lf, Lf step forward (facing 12:00)
29-30 Rf step forward, 1/2 turn left keeping weight on Lf (facing 6:00)
31-32 Rf step forward, 1/4 turn left keeping weight on Lf (facing 3:00)

ROCK/RECOVER, 1/4 SHUFFLE TURN, ROCK/RECOVER, 3/4 TRIPLE TURN

33-34 Rf step cross forward Lf, Lf recover (facing 3:00)
35&36 Rf step forward, Lf glose behind Rf, Rf step forward (facing 12:00)
37-38 Lf step forward, Rf recover (facing 12:00)
39&40 3/4 triple turn, Lf forward, Rf forward, Lf step forward (facing 3:00)

REPEAT