

7 Days 7 Nights

COPPER KNOB
STEPPEDETS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Josie Lim (MY) - August 2007
音樂: Seven Days - Helena Paparizou



Intro: Slow count start after 2x8 (16 counts) Dance direction: counterclockwise

1 Restart: DURING 3rd Wall AFTER 8 counts Restart facing 9:00

TAP R TOE 2X, LONG R TO SIDE, VINE TO DIAGONAL R, PRESS L, HOLD, RECOVER, TOUCH L TOE BEHIND R, UNWIND 7/8 L

1& 2 Tap R toe next to L, Tap R toe out slightly R, long step R to R
3& Step L behind R, turn body to diagonal R (1/8 R) step R slightly fwd (1:30)
4 Still facing R diagonal, Press L foot fwd with weight (foot should be flat on floor, L knee bend, R leg should be straight)
5 Hold
6 Recover weight onto R
7, 8 Touch L toe behind R heel, Unwind 7/8L squaring up to 3 o'clock Weight on L

#RESTART here DURING 3rd wall, you will be facing 9:00

R SIDE ROCK CROSS, BALL CROSS, L FWD ROCK, RECOVER, ½ L TURN, RUN FWD ON R-L-R, SIT & DRAW SLOWING L ACROSS R (NO WEIGHT)

1&2 Side Rock R to R, recover on L, cross R over L
& 3 Step ball of L to L, Cross R over L
4&5 L fwd rock, recover R, turn ½ L step fwd L (9:00)
6&7 "Run" fwd on R-L-R
8 - 1 Gradually SIT onto R, slowly over 2 counts draw L from back to across R and fwd without weight point L toe fwd

LEFT SAILOR ¼ L TURN, FULL R TURN, SWAY L-R-L

2&3 Sweep L do Sailor ¼ L turn stepping L to L side (6:00)
4&5 Full R turn stepping on R-L-R
6, 7, 8 Sway to L-R-L

R BACK ROCK, RECOVER, ½ L TURN, DIAGONAL BACK ZIZ-ZAG, L TOE DRAW TURN 1/4 L

1&2 Rock back on R, recover on L, turn 1/2L step R back (12:00)
3&4 Cross L over R, step R back to R diagonal, step L back to L diagonal
5&6 Cross R over L, step L back to L diagonal, step R back to R diagonal
7, 8 Draw an imaginary circle with L toe counter-clockwise, turn ¼ L step L next to R (9:00)

Start again

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