

Embrace The Wind

COPPERKNOB
STEPSHEETS

拍數: 48 牆數: 2 級數: Intermediate
編舞者: Sandy Kerrigan (AUS) - July 2007
音樂: Miss You Nights - Westlife



REVERSE ½ PIVOT TURN RIGHT, ¼ RIGHT SIDE, LEFT CROSS SHUFFLE, ¼ LEFT, ¼ LEFT, ½ HINGE LEFT WITH DRAG, LEFT SIDE SHUFFLE

- 1-2& Touch right toe behind left, turn ½ right (weight to left), turn ¼ right and step right to side (9:00)
3&4 Crossing shuffle stepping left, right, left
&5 Turn ¼ left and step right back, turn ¼ left and step left to side
6 Step right slightly to side
7&8 Turn ½ left and shuffle to side left, right, left (9:00)

STEP BACK, FORWARD, BACK, SYNCOPATED ROCK, SIDE DRAG, TURN ¼ LEFT SIDE DRAG, STEP BACK RIGHT, LEFT CROSS SHUFFLE

- &1-2 Step right diagonally forward, rock left forward, recover to right
3&4-5 Rock left back, recover to right, step left forward, step right to side
6& Turn ¼ left and step left to side, step right back (6:00)
7&8 Crossing shuffle stepping left, right, left

STEP SIDE, ROCK BACK, SYNCOPATED WEAVE LEFT, CROSS RIGHT OVER WITH TURN ½ LEFT, BACK ROCK, FORWARD LEFT COASTER, TURN ½ RIGHT STEP FORWARD

- &1-2 Step right to side, cross/rock left behind right, recover to right
&3&4 Step left to side, cross right behind left, step left to side, turn 1/8 left and step right forward (4:30)
5-6 Turn ½ left and rock left back, recover to right (10:30)
&7&8 Step left forward, step right together, step left back, turn ½ right and step right forward (4:30)

STEP FORWARD, BACK ROCK, STEP SIDE, LOCK SHUFFLE BACK, BACK DRAG, BACK DRAG, STEP BACK, STEP BACK, LOCK SHUFFLE FORWARD

- &1-2& Rock left forward, recover to right, step left forward, turn 1/8 left and step right to side (3:00)
3&4 Step left back, lock right over left, step left back

Body angles to right

- 5-6& Step right back, step left back, step right back

Restart goes here on wall 3, after changing counts 7&8

- 7&8 Step left forward, lock right behind left, step left forward

½ LEFT STEP BACK, WALK BACK WITH DRAGS, LEFT SAILOR STEP, STEP FORWARD, ½ RIGHT STEP BACK, STEP BACK, ¼ LEFT SAILOR TURN

- &1-2 Turn ½ left and step right back, step left back, step right back (9:00)
3&4 Sailor step left, right, left
&5-6 Step right forward, turn ½ right and step left back, step right back (3:00)
7&8 Turn ¼ left and sweep left front to back and step left back, rock right to side, recover to left (12:00)

TOGETHER, SIDE ROCK TURN ¼ RIGHT, RIGHT SHUFFLE TURN ¼, TOGETHER, ¼ RIGHT, STEP BACK, ½ RIGHT STEP BACK, STEP BACK RIGHT, BACK ROCK TURN ¼ RIGHT SIDE

- &1-2 Step right together, rock left to side, recover to right
3&4 Turn ¼ right and step left to side, turn ¼ right and step right together, turn ¼ right and step left back (9:00)
&5-6 Step right back, turn ½ right and step left back, step right back (9:00)
7-8& Rock left back, recover to right, turn ¼ right and big step left to side (6:00)

REPEAT

RESTART: On wall 3, counts 31&32 (lock shuffle forward) are replaced with the following
7&8 Step left forward, turn $\frac{1}{4}$ left and step right to side, step left back (12:00)
Then restart the dance
