

Beathe Easy

COPPER KNOB
BY STEPHEN HETS

拍數: 96 牆數: 2 級數: Intermediate/Advanced
編舞者: Maria Bagala - September 2005
音樂: Breathe Easy - Blue : (Album: Guilty)



DANCE STARTS: On vocals after 21 count introduction

ORIGINAL POSITION: Feet together, weight on R foot

1-12 **FULL TURN FWD, BACK LOCK WALTZ, BACK LOCK WALTZ, SIDE, CRSS, SIDE**

1,2,3 (Travelling fwd) Full turn fwd turning L stepping L-R-L (12.00)
4,5,6 Step R back at 45 deg R, lock/step L over R, step R back at 45 deg R
1,2,3 Step L back at 45 deg L, lock/step R over L, step L back at 45 deg L
4,5,6 Step R to R side, cross/step L over R, step r to R side

13-24 **BEHIND, 1/4 TURN, FWD, SLOW 1/2 PIVOT, FULL TURN, SAMBA WALTZ**

1,2,3 Cross/step L behind R, turn 90 deg R stepping R fwd, step L fwd, (3.00)
4,5,6 Slow 180 deg pivot turn R taking 3 counts and ending weight on R (9.00)
1,2,3 Full Turn fwd L stepping L-R-L (9.00)
4,5,6 Cross/step R over L, step on L to L, replace weight to R

25-36 **WALTZ FWD,WALTZ 1/2 TURN, WALTZ FWD, WALTZ 1/2 TURN**

1-6 Waltz fwd L-R-L, waltz back turning 180 deg L stepping R-L-R (3.00)
1-6 Waltz fwd L-R-L, waltz back turning 180 deg L stepping R-L-R (9.00)

37-48 **FWD DRAG, 1/4 HIP SWAY, COASTER WALTZ, SHUFFLE FWD, STEP R FWD, PIVOT L, HOLD**

1,2,3 Step L fwd dragging R, turn 90 deg L to hip sway R, sway L (6.00)
4,5,6 Step R back step L beside R, Step R fwd
1,2,3 Step L fwd, step R beside L, step L fwd
4,5,6 Step R fwd, pivot half L, hold (12.00)

49-60 **FWD, SWEEP, FWD, SWEEP, WALTZ FWD, 1/2 WALTZ TURN**

1-6 Step R fwd, sweep L around for 2 counts, step L fwd, sweep R around for 2 counts
1-6 Waltz fwd R-L-R, step L back, turn 180 deg R stepping R fwd, step L beside R

61-72 **FWD, SWEEP, FWD, SWEEP, FWD, DRAG, FWD, DRAG**

1-6 Step R fwd, sweep L around for 2 counts, step L fwd, sweep R around for 2 counts
1-6 Step R fwd, drag L towards R for 2 counts, step L fwd, drag R towards L for 2 counts

73-84 **FWD, 1/2 PIVOT, FWD, FULL TURN SAMBA, WALTZ, CROSS, SIDE, HALF HINGE**

1-6 Step R fwd, pivot turn 180 deg L, step R fwd, full turn L waltz fwd stepping L-R-L (12.00)
1,2,3 Cross/step R over L, step L to L, replace weight to R
4,5,6 Cross/step L over R, step R to R, hinge turn 180 deg L stepping L to L (6.00)

85-96 **FWD, TOUCH SIDE, HOLD, BEHIND, 1/2 UNWIND, SAMBA WALTZ, FWD, SLOW 1/2 PIVOT**

1,2,3 Step R fwd, point L toe to L side, hold
4,5,6 Touch L toe behind R, two count 180 deg unwind R (weight L) (12.00)
1,2,3 Cross/step R over L, step L to L, replace weight to R
4,5,6 Step L fwd, slow 2 count 180 deg pivot turn R raising heels on turn & dropping weight to R (6.00)

96 Restart dance in new direction

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