

Watch The Sunrise With Me

COPPER KNOB
STEP SHEETS

拍數: 0

牆數: 0

級數: Intermediate Phrased pilates line
dance



編舞者: Jou Yueh Tseng (TW) - January 2008

音樂: Pei Wo Kan Ri Chu - Cai Chun Jia

Start from 9th beat of intro.

Sequence: Intro, A, tag 1, B, tag 2, A, tag 1, B, tag 3, A, B, C, ending.

Note: Step sheet prepared by Sue Yuan Chang (January 2008)

Intro: 36 counts of hand movements.

(1-8) FEET TOGETHER, HOLD.

(9-16) FORWARD, CROSS, SIDE. ONCE MORE.

- 1-4 Straighten arms forward, cross arms in front of chest, and straighten arms to the side.
- 5-8 Repeat counts 1-4 above.

(17-24) SMALL CIRCLE AROUND, SIDE. BIG CIRCLE AROUND, SIDE.

- 1-4 Make a circle around your face from left side to right side, under your chin, and straighten to the right side with right hand.
- 5-8 Make a big circle in front of body from the bottom to the top, and return to the right side with right hand.

(25-32) SMALL CIRCLE AROUND, SIDE. BIG CIRCLE AROUND, SIDE.

- 1-4 Make a circle around your face from right side to left side, under your chin, and straighten to the left side with left hand.
- 5-8 Make a big circle in front of body from the bottom to the top, and return to the left side with left hand.

(33-36) CROSS, UP, SIDE, DOWN.

- 1-2 cross arms in front of body, and lift arms up in the air,
- 3-4 Wide open arms to the side, and go down to home.

PART A: 32 counts.

(1-8) SIDE ROCK, RECOVER. ONCE MORE.

- 1-2 Rock right foot to right side with knee pop, and straighten left foot,
Leans the body toward right side, place right hand on right thigh, Straighten left arm forward, and swing to right side.
- 3-4 Recover weight onto left foot with knee pop, and straighten right foot.
- Return right hand back under the chin and then go to left side.
- 5-8 Repeat counts 1- 4 above.

(9-16) SIDE LEAN, PUSH HIP, HOLD. SIDE LIFT, CHASSE, SIDE LIFT.

- 1-4 Weight onto right foot, leans the body to left side, push hips to right side, hold.
Make a counter clockwise circle from left to right with arms, and end on the left.
- 5-6 Weight onto left foot, lift right foot up to the side.
Straighten arms to left side.
- 7&8& Step right foot to right side, step left foot next to right foot, step right foot to right side, lift left foot up to left side.
- Make a counter clockwise circle with arms, and straighten arms to right side.

Counts 17-32 of part A are the mirror image of count 1-16 of part A.

(17-24) SIDE ROCK, RECOVER. ONCE MORE.

1-2 Rock left foot to left side with knee pop, and straighten right foot,

Leans the body toward left side, place left hand on left thigh, Straighten right arm forward, and swing to left side.

3-4 Recover weight onto right foot with knee pop, and straighten left foot.

Return right hand back under the chin and then go to right side.

5-8 Repeat counts 1- 4 above.

(25-32) SIDE LEAN, PUSH HIPS, HOLD. SIDE LIFT, CHASSE, SIDE LIFT.

1-4 Weight onto left foot, leans the body to right side, push hips to left side, hold.

Make a clockwise circle from right to left with arms, and end on the right.

5-6 Weight onto right foot, lift left foot up to the side.

Straighten arms to right side.

7&8& Step left foot to left side, step right foot next to left foot, step left foot to left side, lift right foot up to right side.

Make a clockwise circle with arms, and straighten arms to left side.

PART B: 40 counts.

(1-8) TOGETHER, KNEE POP, STAND. SIDE, TOUCH. SIDE, TOUCH.

1-4 Step right foot next to left foot, pop knee and stand up.

Lift arms up, and gradually put them down.

5-6 Step right foot to right side, touch left toe next to right foot.

Lift arms up in the air.

7-8 Step left foot to left side, touch right toe next to left foot.

Put arms down from the side.

(9-16) STEP, KNEE POP, LEAN, HOLD. STAND, TOGETHER.

1-4 Step right foot forward, pop left knee, lean body forward, hold.

Straighten arms forward, put them down in front of the right calf.

5-8 Gradually stand up, and step right foot next to left foot.

Lift and bounce hands up 4 times,

Counts 17-32 of part B are the mirror image of count 1-16 of part B.

(17-24) TOGETHER, KNEE POP. SIDE, TOUCH. SIDE, TOUCH.

1-4 Foot together, pop knee and stand up.

Lift arms up, and gradually put them down.

5-6 Step left foot to left side, touch right toe next to left foot.

Lift arms up in the air.

7-8 Step right foot to right side, touch left toe next to right foot.

Put arms down from the side.

(25-32) STEP, KNEE POP, LEAN, HOLD. STAND, TOGETHER

1-4 Step left foot forward, pop right knee, lean body forward, hold.

Straighten arms forward, put them down in front of the left calf.

5-8 Gradually stand up, and step left foot next to right foot.

Lift and bounce hands up 4 times,

(33-40) STEP, TOUCH. STEP, TOUCH. WALK BACK R, L, R, TOGETHER.

1-2 Step right foot forward, touch left toe next to right foot.

Swing arms from center to the side.

3-4 Step left foot forward, touch right toe next to left foot.

Open hands in front of eyes, and push them to the side.

5-8 Step right foot back, left foot back, right foot back, and step left foot next to right foot.

Push hands forward from shoulders, and then put them down to the side.

PART C: 18 counts.

Counts 1-16 of part C are as same as counts 17-32 of intro.

(1-8) SMALL CIRCLE AROUND, SIDE. BIG CIRCLE AROUND, SIDE.

- 1-4 Make a circle around your face from left side to right side, under your chin, and straighten to the right side with right hand.
- 5-8 Make a big circle in front of body from the bottom to the top, and return to the right side with right hand.

(9-16) SMALL CIRCLE AROUND, SIDE. BIG CIRCLE AROUND, SIDE.

- 1-4 Make a circle around your face from right side to left side, under your chin, and straighten to the left side with left hand.
- 5-8 Make a big circle in front of body from the bottom to the top, and return to the left side with left hand.

(17-18) CROSS, UP, SIDE, DOWN.

- 1 Cross arms in front of body, and lift arms up in the air,
- 2 Wide open arms to the side, and go down to home.

Ending: 32 counts.

Counts 1-8 of ending are as same as counts 33-40 of part B.

(1-8) STEP, TOUCH. STEP, TOUCH. WALK BACK R, L, R, TOGETHER.

- 1-2 Step right foot forward, touch left toe next to right foot.

Swing arms from center to the side.

- 3-4 Step left foot forward, touch right toe next to left foot.

Open hands in front of eyes, and push them to the side.

- 5-8 Step right foot back, left foot back, right foot back, and step left foot next to right foot.

Push hands forward from shoulders, and then put them down to the side.

Counts 9-16 of ending are as same as counts 9-16 of part B.

(9-16) STEP, KNEE POP, LEAN, HOLD. STAND, TOGETHER.

- 1-4 Step right foot forward, pop left knee, lean body forward, hold.

Straiten arms forward, put them down in front of the right calf.

- 5-8 Gradually stand up, and step right foot next to left foot.

Lift and bounce hands up 4 times.

Counts 17-24 of ending are as same as counts 25-32 of part B.

(17-24) STEP, KNEE POP, LEAN, HOLD. STAND, TOGETHER

- 1-4 Step left foot forward, pop right knee, lean body forward, hold.

Straiten arms forward, put them down in front of the left calf.

- 5-8 Gradually stand up, and step left foot next to right foot.

Lift and bounce hands up 4 times,

Counts 25-28 of ending are as same as counts 33-36 of intro.

(25-32) CROSS, UP, SIDE, DOWN. CROSS, UP, SIDE, LEAN BACK.

- 1-4 Feet together.

Cross arms in front of body, and lift arms up in the air, Wide open arms to the side, and go down to home.

- 5-8 Feet together, lean body back, and facing up.

Cross arms in front of body, and lift arms up in the air, Wide open arms to the side of the back.

TAG 1: 2 counts.

- (1-2) TOGETHER, KNEE POP, STAND.

- 1 Step right foot next to left foot. Lift arms up

- 2 Pop knee and stand up. Gradually put them down.

TAG 2: 6 counts.

- (9-16) FORWARD, CROSS, SIDE. ONCE MORE

- 1-4 Straigten arms forward, cross arms in front of chest, and straighten arms to the side.

5-6 Repeat counts 1-4 above. (quickly in 2 beats)

TAG 3: 10 counts.

(1-8) SMALL CIRCLE AROUND, SIDE. ONCE MORE

1-4 Make a circle around your face from left side to right side, under your chin, and straighten to the right side with right hand.

5-8 Make a circle around your face from right side to left side, under your chin, and straighten to the left side with left hand.

(9-10) CROSS, UP, SIDE, DOWN.

1 Cross arms in front of body, and lift arms up in the air,

2 Wide open arms to the side, and go down to home.
