

Colour My World

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Advanced
編舞者: Todd Lescarbeau (USA) - February 2008
音樂: Colour My World - Westlife



Rhythm-Night Club Two-step (NC2) S= Slow movement Q = Quick movement

This dance is dedicated to Staci, the one who adds "Color" to my world. Thank you for believing in me!

Side, Rock, Recover (NC2 basic), ¼ Turn, ½ Pivot Turn, Walk Forward, Lock-Step

1, 2& (S,QQ) Step side right on R foot. Rock back on L, Recover onto R.
3 (S) L into a ¼ turn left. (facing 9:00)
4& (QQ) Step forward on R, Pivot ½ turn left. (facing 3:00)
5,6,7 (SSS) Walk forward R,L,R
8& (QQ) Step forward on L, Lock R behind.

Make ¾ Turn Right, Sweep (Ronde`), Rock, Recover, Step Side, Hip Sways, Side, Close

1, 2 (SS) Keeping weight on L, Turn ¾ to right (to face 12:00) remember don't turn too quickly!
3 (S) Sweep (Ronde`) Right foot out and around
4& (QQ) Rock back on R, Recover onto L
5, 6, 7 (SSS) Step side right on R, Sway hips left, Sway hips right.
8& (QQ) Step side left on L, Close R together.

Make ¼ Turn Left, Forward Rock-Recover, ½ Turn Right, Cross-back-side, ¼ Turn Left, ¼ Turn Left, Touch

1, 2& (S,QQ) Step L into a ¼ turn left (facing 9:00)(1), Rock forward on R (2), Recover onto L starting a ½ turn right (&)
3, 4&5 (S,QQ,S) Finish ½ turn right stepping forward on R (facing 3:00), Cross step L over R, Step back on R, Step side left on L.
6, 7 (SS) Turning ¼ left step side right on R (12:00), Turn another ¼ left stepping side left on L (9:00)
8& (QQ) Shift weight to R (8), Touch L beside R (&).

Make ¼ Turn Left, *Full Turn Left, **Sways with upper body movement, Back-Cross-Side-Cross-1/4 Turn Left

1, 2&3 (S,QQ,S) Step into a ¼ turn left on L (6:00), Step forward on R turning ½ left, Turn ½ Left stepping on L, Step forward on R.

***(Non-turning option: Dancers who wish not to turn can just quickly walk forward R,L,R**

4&5 (QQ,S) Sway upper body moving back (4) then forward (&), on count (5) push off of R foot stepping back slightly on L.

Your R foot should naturally draw back slightly.

**** Dancers who cannot move upper body can sway hips back, then forward instead.**

6&7& (QQQQ) Step back on R (6), Cross-step L over R (&), Step side right on R (7), Cross-step L over R (&)

8& (QQ) Turning ¼ left step back on R (8), Quickly step L to left (&).

Begin Again and enjoy!

TAG (Don't worry it only happens two times!) The "Tag" is a Night club two-step basic-pattern moving Right then Left.

Dance entire steps above two times through. At end of 2nd repetition, add steps below. Dance entire steps above once more adding "tag" at end of 3rd repetition .

1, 2& (S,QQ) Step side right on R (1). Rock back on L (2), Recover onto R (&)
3, 4& (S,QQ) Step side left on L (3), Rock back on R (4), Recover onto L (&).

RESTARTS: (1) On Wall 5 - dance steps up to count 24 - Take weight on L.

