

Footprints In The Sand

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Advanced Nightclub
編舞者: Dee Musk (UK) - February 2008
音樂: Footprints In the Sand - Leona Lewis : (Album: Leona Lewis - Spirit)



(14 Count Intro) - start just before main vocals on first beat. Approx (14 secs).

SIDE LUNGE, ¼ TURN R, TOGETHER WITH DIP, UNWIND ¾ TURN R WITH SWEEP, BEHIND SIDE STEP, STEP WITH SWAYS, BACK CROSS BACK.

- 1,2& Bending L knee lean and lunge out to the L side keeping R leg straight with toe pointed, make a ¼ turn R placing weight forward on R, step L beside R and dip bending knees slightly.
- 3 Straightening up make a ¾ turn R sweeping R around behind L.
- 4&5 Cross step R behind L, step L to L side, step forward on R.
- 6&7 Step forward on L swaying hips forward, back, forward.
- 8&1 Step back on R, cross step L over R, step back on R. (12 o'clock).

BACK CROSS BACK TOGETHER, STEP STEP, FULL SPIRAL TURN, STEP, STEP PIVOT STEP.

- 2&3& Step back on L, cross step R over L, step back on L, step R beside L.
- 4& Step forward on L, step forward on R.
- 5,6 Turning L make a full spiral turn on the ball of R, step forward and down on L.
- 7&8 Step forward on R, make a ½ turn L, step forward on R. (6 o'clock).

½ TURN R, ¼ TURN R WITH SIDE STEP, BACK ROCK SIDE, CROSS ¼ TURN R, ¼ TURN R WITH SIDE STEP, TOGETHER CROSS, SIDE TOGETHER, CROSS ROCK WITH RONDE.

- &1 Travelling forward make a ½ turn R stepping back on L, make a ¼ turn R stepping R to R side.
- 2& Cross rock L behind R, recover weight to R. ** Tag 2 during wall 5, then restart.
- 3 Step L to L side.
- 4&5 Cross R over L, make a ¼ turn R stepping back on L, make a ¼ turn R stepping R to R side.
- 6& Step L beside R, cross R over L.
- 7 Step L to L side..
- 8&1 Close R beside L, cross rock L over R, recover weight to R whilst ronde L around and behind R. (9 o'clock).

BEHIND SIDE STEP, TWIST ½ TURN R, TWIST A FULL TURN L, BEHIND SIDE CROSS, ¼ TURN L ¼ TURN L CROSS.

- 2&3 Step L behind R, step R to R side, step forward on L.
- 4 With knees slightly bent and weight forward on L twist a ½ turn R replacing weight to ball of R.
- 5 Keeping knees slightly bent and weight forward on ball of R twist a full turn L sweeping L round and behind R. * (Option hold count 5 with weight on ball of R).
- 6&7 Cross step L behind R, step R to R side, cross step L over R.
- &8& Make a ¼ turn L stepping back on R, make a ¼ turn L stepping L to L side, cross R over L. (9 o'clock).

Begin again.

TAG 1 – End of 1st wall facing 9 o'clock.

SIDE TOGETHER CROSS, SIDE TOGETHER CROSS.

- 1,2& Step L to L side, close R beside L, cross L over R.
- 3,4& Step R to R side, close L beside R, cross R over L.

TAG 2 – During 5th wall facing 3 o'clock, then restart.

HIP SWAYS

1-2 Step L to L side and sway L, sway R.

Ending - music slows keep dancing through. On last wall facing 9 o'clock do counts 1 thru 5, then unwind a $\frac{3}{4}$ turn left to face the front.

Relax and Lose yourself - Enjoy J Luv Dee xx
