

Won't Be Long

COPPER KNOB
BY STEPHEN

拍數: 60 牆數: 2
編舞者: Shaz Walton (UK) - August 2008
音樂: February Song - Josh Groban

級數: Phrased High Intermediate



Sequence:

Walls.....	Description
1&2	Whole wall
3&4	Restart the dance from count 48 from The front (take out the left leg raise)
5	Whole wall
6	Restart the dance from count 48 from the back. (take out the left leg raise)
7&8	Whole wall
9	Dance up to count 24. Make a ¼ turn left and start the dance again from the beginning facing the back
10	Whole Dance
11& 12	Whole dance through to the finish.

Please don't be put off by the sequence; the music REALLY does tell you

Count in; start on vocals.

Side. Rock back. Recover. ¼ . ¾ arabesque.

- 1-2-3 Step left to left side. Rock right behind left. Recover on left.
4-5-6 Step right forward ¼ right. Sweep left leg around making a ¾ right turn on right foot. (Keeping left leg straight & raised at all times) (Use your arms if you wish in a balletic fashion) (You can simplify this by doing a step slide for 2 counts)

Side .Rock back. Recover ¼. ¾ reversed pirouette (attitude) left.

- 1-2-3 Step left to left side. Rock right behind left. Recover on left.
4-5-6 Step ¼ left stepping back right. Make a ¾ turn left on right foot; position your left leg into the figure 4 position while you turn.

(you can simplify this by doing a step slide for 2 counts)

Lunge. Hold. Hold . Coaster step.

- 1-2-3 lunge onto to your left foot facing left diagonal. Hold for 2 counts.
4-5-6 Recover as you step back right. Step back left. Step forward right. (Straighten up to 12 o'clock)

Step. Brush. ¼ drop. Rock/sway. Recover. Touch (with bent knees- demi Plie`)

- 1-2 -3 Step forward left. Brush right across left as you start to make a ¼ turn right. Complete the ¼ turn right as you cross/drop your right foot across left
4-5-6 Rock/sway to left. Recover on right. Touch left beside right (instep). (Making sure left heel is raised up and both knees are bent)

****Restart here- wall 9, make a ¼ turn left and start from the beginning****

¼ kick (Développé) step. Back. Back. Back. Point.

- 1-2-3 Recover to standing position as you raise your left leg & extend straight making a ¼ turn left.
Step left forward. Step back right.
4-5-6 Step left back. Step right back. Point left to left side.

Left twinkle. Full syncopated twinkle turning left.

- 1-2-3 Cross step left over right. Step back slightly right. Step back left in line with right.

4-5-&6 Cross right over left. Step back left making a $\frac{1}{4}$ turn right. Step right forward making $\frac{1}{2}$ turn right. Make $\frac{1}{4}$ right stepping left to left side. (Replace with syncopated left chasse if you prefer not to turn)

Step back. Drag. Step back. Drag

1-2-3 Step back on right. Drag left to right for 2 counts.

4-5-6 Step back left. Drag right to left for 2 counts.

Rock. Recover. Touch. Rock. Recover. lunge (left leg raise)

1-2-3 Rock right to right side. Recover on left. Touch right beside left.

4-5-6 Rock right to right side. Recover on left. Cross step/lunge right over left raising left leg behind.

****Restart here walls 3,4,6, **(Take out the left leg raise)**

Step. Rhonde $\frac{1}{4}$ right. Sailor $\frac{1}{4}$ turn right. Cross.

1-2-3 Step back on left as you sweep/raise right out making $\frac{1}{4}$ turn right. (rhonde = 2 counts)

4-5-6 Cross right behind left. Make $\frac{1}{4}$ right stepping left to left side. Cross step right over left.

Behind. Side. lunge. Back. Back. $\frac{1}{2}$ right forward. ($\frac{1}{4}$ right to start the dance again)

1-2-3 Step back left. Step right to right side. Cross step/lunge left over right (facing diagonal)

1-2-3 Make $\frac{1}{4}$ right stepping back right. Step back left. Make $\frac{1}{2}$ turn right stepping right forward.

Start the dance again making a $\frac{1}{4}$ turn right stepping left to left side on count 1.

Terminology – just to help you along

Arabesque. A pose in which you raise one leg, with the knee straight, directly behind the body

Attitude. A pose in you raise one leg directly behind the body with the knee bent at a right angle.

Développé A movement in which the leg is first lifted, then fully extended

Demi-plie. - Half-bending of the knees heels off the ground
