

Beulah

COPPER KNOB
STYLESHEETS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Michele Perron (CAN) - November 2008
音樂: Sweet Kinda' Something - Beulah



Introduction: 16 Counts

Sec 1 (1- 8) Walk, Walk, &-Replace-Forward, Forward, Back, Turn, Turn

1,2 RIGHT, LEFT Steps forward
&,3,4 RIGHT (Large) Step side R, LEFT Recover/Step side L (in place), RIGHT Step forward & slightly across front of L (*allow body to 'twist' to diagonal L,R)
5,6 LEFT Lunge/Step forward*; RIGHT Recover/Step back
***Style Option: Right low kick back**
7,8 LEFT Step forward with 1/2 Turn L; RIGHT Step back with 1/2 Turn L (12 o'clock)

Sec 2 (9-16) Turn, Across-&-Back; Across-&-Back; Rock/Forward, Rock/Forward, Recover/Back, Turn

1 LEFT Step forward with 1/2 Turn L (6 o'clock)
2&3 RIGHT Step across front of L, LEFT Step back diagonal L, RIGHT Step back diagonal R
4&5 LEFT Step across front of R, RIGHT Step back diagonal R, LEFT Step back and behind R [face diagonal L, R toe raises back, R heel on floor]
6 RIGHT Rock/Step forward
7,8 LEFT Rock/Step forward diagonal L; RIGHT Recover/Step back (facing diagonal L)
& LEFT Step back with 1/4 Turn R (9 o'clock)

Sec 3 (17-24) Walk-Walk, Triple Turn, &-Across-Side/Lunge, Recover/Side, Across

1,2 RIGHT, LEFT Steps forward
3&4 RIGHT Triple with 1/2 Turn L (3 o'clock)
(R Side with 1/4 Turn, L across front of R, R Back with 1/4 Turn)
&,5,6 LEFT Step side with 1/4 Turn L, RIGHT Step across front of L, LEFT Lunge/Step side L (12 o'clock)
(R toe raises back, R heel on floor)
7,8 RIGHT Recover/Step side R (in place); LEFT Step across front of R

Sec 4 (25-32) Triple Turn, Across, Back, &-Across-Back, Back, Across

1&2 RIGHT Triple forward with 1/4 Turn R (3 o'clock)
3,4 LEFT Step across front of R; RIGHT Step back diagonal R
&,5,6 LEFT Step back diagonal L, RIGHT Step across front of L, LEFT Step back diagonal L
7,8 RIGHT Step back; LEFT Step back and crossed in front of R *
***Style Option: add R Flick/Kick back (R knee bends)**

Begin Again

One Restart: After four rotations, complete Counts 1-16&; the first two sections, restart dance facing 9 o'clock

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