

She Will Be Loved

COPPER KNOB
BY STEPHEN METZ

拍數: 48 牆數: 4 級數: Advanced West Coast Swing Style
編舞者: Rachael McEnaney (USA) - June 2009
音樂: She Will Be Loved (Live Version) - Maroon 5



Count In: 16 counts from start of track.

Notes: 1 Tag/Restart on 3rd wall.

(1 – 8) Back L, back R, ¼ turn left, step R, step L, full spiral, step sweep, cross back back.

- 1 2 & 3 Step back on left (1), step back on right (2), make ¼ turn left stepping forward on left (&), step forward on right (3) 9.00
- 4 - 5 Step forward on left (prep left shoulder back for turn) (4), make full spiral turn to right (5) (weight on left) 9.00
- 6 7 & 8 Step forward on right sweeping left leg round (6), cross left over right (7), step back on right (&), step back on left opening body to diagonal – 7.30 (8) 7.30

(9 – 16) Back R, side shuffle with 2x 1/8 turns, rock forward, runs back with sweeps, R sailor turn to face 9.00

- 1 - 2 Step back on right (still facing 7.30) (1), make 1/8 turn to face back stepping left to left side (2), 6.00
- & 3 - 4 Step right next to left (&), make 1/8 turn left (4.30) stepping left to left side (3), rock forward on right foot (4) 4.30
- 5 6 7 Recover weight back on left sweeping right foot (5), step back on right sweeping left foot (6), step back on left sweeping right foot (7) 4.30
- 8 & R sailor step making 3/8 turn R:- Cross right behind left making ¼ turn right, step left next to right making 1/8 turn right, 9.00

(16 – 24) (end of sailor) – Walk L, R triple step with ½ turn R, ½ turn R, ¼ turn R, cross L, ball close.

- 1 - 2 Step forward on right (1), step forward on left (2) 9.00
- 3 & 4 Step ball of right next to & slightly behind left (3), step ball of left in place (&), make ½ turn right stepping forward on right (4) 3.00
- 5 - 6 Make ½ turn right stepping back on left (5), make 1/4 turn right to right side (6), 12.00
- 7 & 8 Cross left over right (7), step right to right side (&), step left next to right (8) (body ends angled to diagonal – 10.30) 10.30

(25 – 32) Tap step forward, touch in, L side rock cross, R side rock cross, ¾ turn, L mambo

- & 1 & Touch right toe forward (&), step forward on right foot (slight body ripple forward) (1), touch left next to right (&) 10.30
- 2 & 3 Rock left to left side (2), recover weight onto right (&), cross left over right (3) 10.30
- 4 & 5 Make 1/8 turn left to square body up to 9.00 rocking right to right side (4), recover weight onto left (&), cross right over left (5) 9.00
- 6 7 8 & Make ¼ turn right stepping back on left (6), make ½ turn right stepping forward on right (7), step forward on left (8) recover weight back onto right (&) 6.00

(33 – 40) Walk back, ball cross, ¼ L, ball cross ¼ L, ball cross, unwind full turn L.

- 1 2 & 3 Step back on left (1), step back on right (2), step ball of left to left side (&), cross right over left (3) 6.00
- 4 & 5 Make ¼ turn left stepping forward on left (4), step ball of right to right side (&), cross left over right (5) 3.00
- 6 & 7 8 Make ¼ turn left stepping back on right (6), step ball of left to left side (&), cross right over left (7), unwind full turn left (8) (weight R) 12.00

(41 – 48) Ball cross, unwind ½ turn L, R cross rock, recover weight onto L, R low kick, sailor step forward, kick & 1 2 Step ball of left to left side (&), cross right over left (1), unwind ½ turn left (2) (weight ends on left) 6.00

3 & 4 Cross rock right over left (3), recover weight onto left (7), kick right foot low swinging it to right side (4) 6.00

5 & 6 Cross right behind left (5), step left to left side (&), step forward on right (6) 6.00

7 – 8 & Step forward on left (7), kick right foot forward (8), step back on right (&)

START AGAIN, HAVE FUN 6.00

TAG:

***3rd Wall**

On the 3rd wall you will start the dance facing the front – do the first 16 counts of the dance (almost) which will take you up to the sweeps and steps backwards where you will be facing 4.30. On the sailor just make an 1/8 turn right to face 6.00

1 – 4 The end of the sailor is count 1 which is a step forward on right (1), HOLD (2), step forward on left (3), kick right (4), step back on right (&) – START AGAIN 6.00

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