

Fragile

COPPER KNOB
BY SHEETS

拍數: 32 牆數: 4 級數: Intermediate NC2S
編舞者: Francien Sittrop (NL) - October 2009
音樂: Fragile - Chrisette Michele : (CD: Epiphany 2009 - 4:17)



Start : After 16 Counts from the beginning, on Vocals.
You can fade-out at 3 min. when it's too long

(1 – 8) Side, Rock ,Recover, ¼ Turn, Mambo Step, Back, ¼ Turn R, Cross Rock, Recover, Side, Cross

1-2& Step R to R side, Rock L across R, Recover on R
3 ¼ Turn L step L fwd (9.00)
4&5 Rock R fwd, Recover on L, Step R back
6& Step L back, ¼ Turn R step R to R side (12.00)
7& Rock L fwd, Recover on R
8& Step L to L side, Step R across L

(10-16) Diag. Back , R, Cross, Side, ¼ Turn R, Rock fwd, ¼ Turn R, Cross, ¼ Turn L x2 , Rock, Recover

1 Step L diag. L back (but facing the 12 o'clock wall)
2& Step R ¼ Turn R, Step L across R (3.00)
3 ¼ Turn R and Step R fwd (6.00)
4&5 Rock L fwd , ¼ Turn R, Step L across R (9.00)
6&7 ¼ Turn L step R back, ¼ Turn L step L to L side , Step R across L (3.00)
8& Rock L to L side, Recover on R

(17-24) Sync. Cross Rocks x2, Step fwd, Lock, ½ Turn with Sweep, Back, Side

1-2& Rock L across R , Recover on R, Step L next to R
3-4& Rock R across L , Recover on L, Step R next to L
5-6& Step L fwd , Lock R behind L, Step L fwd
7 Step on ball of R fwd with ½ Turn L and Sweep L to the back (9.00)
8& Step L back, step R to R side

(25-32) Cross, Full Turn R, Side, Rock back, Recover, Full Turn R, Side, Rock , Recover

1 Step L across R
2& Full Turn R, Step R next to L
3 Step L to L side
4& Rock R back, Recover on L
5 Step R fwd
6 & ½ Turn R step L back, ½ Turn Step R fwd (9.00)
7 Step L to L side
8& Rock R back, Recover on L (9.00)

Start Again

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