

Win The Race

COPPER KNOB
BY STEPHEN

拍數: 68 牆數: 4 級數: Intermediate
編舞者: Cato Larsen (NOR) - March 2010
音樂: Win the Race - Modern Talking : (CD: America 09)



Intro: Start the dance at the vocals after 56 counts of heavy beat. (30 seconds).

(1–8) Walk Forward, ¼ Turn Ball-Cross, Side, Together, Cross, ¼ Pivot Turn, ½ Pivot Turn.

- 1,2 Step forward on right (1), Step forward on left (2). [12:00]
- & Pivot ¼ turn left Stepping ball of right slightly back right (&). [9:00]
- 3 Cross left over right (3).
- 4,5 Step right to right side (4), Step ball of left next to right (5).
- 6 Cross right over left (6).
- 7 Pivot ¼ turn right Stepping back on left (7). [12:00]
- 8 Pivot ½ turn right Stepping forward on right (8). [6:00]

(9–16) Step, Lock-Step-Lock, Step, Step, Lock-Step-Lock, Step.

- 1,2 Step forward on left (1), Lock right behind left (2).
- &3,4 Step forward on left (&), Lock right behind left (3), Step forward on left (4).
- 5,6 Step forward on right (5), Lock left behind right (6).
- &7,8 Step forward on right (&), Lock left behind right (7), Step forward on right (8).

(17–24) Rock Step, ½ Pivot Turn Twice, ¼ Pivot Turn Into Side Rock, Sailor ¼ Turn.

- 1,2 Step forward on left (1), Rock (recover) weight back onto right (2).
- 3 Pivot ½ turn left Stepping forward on left (3). [12:00]
- 4 Pivot ½ turn left Stepping back on right (4). [6:00]
- 5 Pivot ¼ turn left Stepping left to left side (5). [3:00]
- 6 Rock (recover) weight back again onto right (6).
- 7 Cross left behind right (7).
- &8 Pivot ¼ turn left Stepping right next to left (&), Step left slightly forward (8). [12:00]

RESTART 1: Restart from here on 3rd wall. You will be facing 6:00.

(25–32) ½ Turn, Hold, ½ Pivot Turn, Hold, ¼ Pivot Turn Into Side Rock, Weave

- 1,2 Swivel on both feet and Pivot ½ turn right (1), Hold (2). [6:00]
- 3,4 Pivot ½ turn right Stepping back on left (3), Hold (4). [12:00]
- 5 Pivot ¼ turn right Stepping right to right side (5). [3:00]
- 6 Rock (recover) weight back again onto left (6).
- 7&8 Cross right behind left (7), Step left to left side (&), Cross right over left (8).

(33–40) Side Shuffle, Back Rock, Step, ½ Turn, Step, ½ Pivot Turn.

- 1&2 Step left to left side (1), Step right next to left (&), Step left to left side (2).
- 3,4 Step back on right (3), Rock (recover) weight forward again onto left (4).
- 5,6 Step forward on right (5), Pivot ½ turn left (6). [9:00]
- 7,8 Step forward on right (7), Pivot ½ turn right Stepping back on left (8). [3:00]

(41–48) Side Shuffle Right, Cross Rock, Weave.

- 1&2 Step right to right side (1), Step left next to right (&), Step right to right side (2).
- 3,4 Cross left over right (3), Rock (recover) weight back again onto right (4).
- 5,6 Step left to left side (5), Cross right over left (6).
- 7,8 Step left to left side (7), Cross right behind left (8).

(49–56) ¼ Turn, Hold, Rock Step, ½ Pivot Turn, Hold, Full Turn (Or Walk Forward).

- 1,2 Pivot ¼ turn left Stepping forward on left (1), Hold (2). [12:00]
3,4 Step forward on right (3), Rock (recover) weight back again onto left (4).
5,6 Pivot ½ turn right Stepping forward on right (5), Hold (6). [6:00]
7 Pivot ½ turn right Stepping back on left (7). [12:00]
8 Pivot ½ turn right Stepping forward on right (8). [6:00]

RESTART 2: Restart from here on 6th wall. You will be facing 6 O'clock. Just add: Step left next to right on the next &-count...

(57–64) Rock Forward & Back (Rocking Chair), Heel Grind ¼ Turn, Coaster Step.

- 1,2 Step forward on left (1), Rock (recover) weight back again onto right (2).
3,4 Step back on left (3), Rock (recover) weight forward again onto left (4).
5,6 Step forward on left heel (5), Pivot ¼ turn left Grinding heel and Stepping back on right (6).
[3:00]
7&8 Step back on left (7), Step right next to left (&), Step forward on left (8).

(65–68) Out-Out, In-In.

- 1,2 Step right slightly to right side (1), Step left slightly out to left side (2).
3,4 Step right back in place (3), Step left next to right (4).
-