

It's For You

COPPER KNOB
BY STEPHEN BATES

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Gordon Elliott (AUS) - June 2010
音樂: It's for You - Niamh Kavanagh : (CD: Eurovision Song Contest 2010)



Original Position: Feet Together, Weight On The Left Foot.

This dance is done in TWO / FOUR directions.

Introduction : 8 Beats

FORWARD, ROCK, COASTER STEP, SWEEP, SWEEP, QUICK PIVOT-1/4 SIDE-DRAG

1, 2 step r forward, rock back onto l,
3 & 4 coaster : step r back, step l together, step r forward,
5, 6 sweep to step l forward, sweep to step r forward,
7 & quick pivot : step l forward, turn 180deg right take weight onto r,
8 & ## turn 90deg right step l to the side, drag to touch r toe together.

SIDE, ROCK, BEHIND-SIDE-ACROSS-1/4 HITCH, LOCK SHUFFLE, FORWARD-TOGETHER-BACK-TOGETHER

1, 2 step r to the side, side rock onto l,
3 & step r behind left, step l to the side,
4 & step r across in front of left, hitch l knee turning 90deg right,
5 & 6 step l forward, lock r behind left, step l forward,
7 & step r forward, step l together,
8 & step r back, step l together.

FORWARD, CLICK, BACK-FULLTURN, COASTER STEP, QUICK PADDLE-ACROSS

1, 2 step r forward, drag l toe together & click fingers,
3 step l back,
& 4 turn 180deg right step r forward, turn 180deg right step l back,
5 & 6 coaster : step r back, step l together, step r forward,
7 & quick paddle : step l forward, turn 90deg right take weight onto r,
8 step l across in front of right.

SIDE, 1/2 HINGE, ACROSS, ROCK & ACROSS-SIDE-BEHIND-1/4 TURN-QUICK PIVOT-STEP

1, 2 step r to the side, hinge turn 180deg left step l to the side,
3, 4 step r across in front of left, rock onto l,
& 5 step r to the side, step l across in front of right,
& 6 step r to the side, step l behind right,
& turn 90deg right step r forward,
7 & quick pivot : step l forward, turn 180deg right take weight onto r,
8 step l forward

32 Repeat The Dance In New Direction

RESTARTS : Will make the TWO wall dance into a FOUR wall dance.

On WALL 3 dance to BEAT 8 (##) then restart to the 9.00. This turns the dance to the side walls.

On WALL 6 dance to BEAT 8 (##) then restart to the BACK. This turns the dance to the back and front wall.

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