

# Listen Up

COPPER KNOB  
BY STEPHEN

拍數: 48      牆數: 4      級數: Intermediate Waltz  
編舞者: Karl Winson (UK) - September 2010  
音樂: Listen Up - Hoku : (Album: Listen Up)



**Intro: 48 Count.....Start on Vocals.....(BPM: 148)**

**1/2 turn twinkle Left. Basic waltz step back. Cross Side-rock. 1/2 turn twinkle Right.**

- 1 – 3      Make 1/4 Left stepping Left forward. Make 1/4 Left stepping Right back. Step Left beside Right.  
4 – 6      Step back on Right. Step Left beside Right. Step Right in place next to Left.  
7 – 9      Cross Left over Right. Rock Right out to Right side. Recover weight onto Left.  
10-12     Cross Right over Left. Make 1/4 Right stepping back on Left. Make 1/4 Right stepping Right to Right side. (12.00)

**Step. Kicks X2. Back 1/2 turn-step. Step. Kicks X2. Back 1/4 turn. Cross. (Towards Diagonal)**

- 1 – 3      Facing the Right corner (1.30) Step forward on the Left. Small kick with Right forward twice.  
4 – 6      Step back on Right. 1/2 turn Left stepping Left forward. Step forward on Right.  
7 – 9      Still Facing the corner (7.30) Step forward on the Left. Small Kick with Right forward twice.  
10-12     Step back on Right. Make 1/4 Left stepping Left to Left side. Cross Right over Left. (3.00)

**Side-Together-Cross. 1/2 turn Left. Side-Together-Cross. 3/4 turn Left.**

- 1 – 3      Step Left to Left side. Step Right in place next to Left. Cross Left over Right.  
4 – 6      Step back on Right making 1/4 Left. Make 1/4 Left stepping Left to Left side. Cross Right over Left.  
7 – 9      Step Left to Left side. Step Right in place next to Left. Cross Left over Right.  
10-12     Step back on Right making 1/4 Left. Make 1/2 Left Stepping Left forward. Step forward on Right. (12.00)

**\*Restart here on Wall 3 facing back wall\***

**Cross Point. Hold. Monterey full turn. Point. Left Sailor Step. Right Sailor 1/4 turn.**

- 1 – 3      Cross Left over Right. Point Right to Right side. Hold.  
4 – 6      Step Right in place next to Left making full turn Right. Point Left to Left side.  
7 – 9      Cross Left behind Right. Step out on Right. Step out on Left.  
10-12     Cross Right behind Left making 1/4 Right. Step Left beside Right. Step Right forward.

**Enjoy!**

[www.karlwinsondance.co.uk](http://www.karlwinsondance.co.uk)  
[krazy\\_kark@hotmail.com](mailto:krazy_kark@hotmail.com)