

Don't Miss a Thing

COPPER KNOB
BY SHEETS

拍數: 32 牆數: 2 級數: Intermediate / Advanced
編舞者: Rachael McEnaney (USA) - September 2010
音樂: Don't Want To Miss A Thing - Aaron Kelly : (American Idol CD Season 9)



Count In: Dance begins on vocals first step is on "Stay" – approx 30seconds from start of track

Notes: There is 1 tag on 5th wall at the end of the dance.

(1 – 9) L side basic with ¼ turn R, step L ¾ pivot R, L side rock cross, R side rock cross, full turn R

- 1 2 & Step left to left side (1), close right slightly behind left (2), recover weight onto left: forward & slightly across right (like a back rock) (&) 12.00
- 3 4 & Make ¼ turn right stepping forward on right (3), step forward on left (4), pivot ¾ turn right weight ends on right (&) 12.00
- 5 & 6 Rock left to left side (5), recover weight onto right (&), cross left over right (6), 12.00
- & 7 & Rock right to right side (&), recover weight onto left (7), cross right over left (&) 12.00
- 8 & 1 Make ¼ turn right stepping back on left (8), make ½ turn right stepping forward on right (&), make ¼ turn right stepping left to left side (1) 12.00

(10 – 16) L side basic and R side basic with ½ turn L, L side basic, R sweep, R cross, L back, R side

- 2 & Close right slightly behind left (2), recover weight onto left: forward & slightly across right (like a back rock) (&), 12.00
- 3 4 & Make ¼ turn left stepping back on right (3), make ¼ turn left stepping left to left side (4), cross right over left (&)

Note: on counts 3 – 4 try to make this look like a smooth ½ turn rather than 2 ¼'s – most of the turn is made on count 3. 6.00

- 5 6 & Step left to left side (5), close right slightly behind left (6), recover weight onto left: forward & slightly across right (like a back rock) (&) 6.00
- 7 & 8 & Sweep right foot around from back to front bend left knee slightly (7), cross right over left (&), step back on left (8), step right to right side (&) 6.00

(17 – 25) Cross L with R sweep, cross R, ¼ turn, ½ turn, full pivot turn, step back R, L coaster with rock, L behind side cross. (Alternative for big turn)

- 1 Cross left over right bending left knee slightly as you do so sweep right foot round again from back to front (1) 6.00
- 2 & 3 Cross right over left (2), make ¼ turn right stepping back on left (&), make ½ turn right stepping forward on right (3) 3.00
- & 4 & 5 Step forward on left (&), pivot ½ turn right weight on right (4), make another ½ turn right as you step back on left (&) step back on right (5) 3.00

Easy option: Here is easy option instead of the turn on counts 2- 5: Cross right over left (2), step left to left side (&), cross right behind left (3), make ¼ turn left stepping forward on left (&), rock forward on right (4), recover weight onto left (&), step back on right (5) 3.00

- 6 & 7 & Step back on left (6), step right next to left (&), rock forward on left (7), recover weight onto right (&) 3.00
- 8 & 1 Cross left behind right (8), step right to right side (&), cross rock left over right (1) 3.00

(26 – 32) Weave to L, R cross rock, L fall away turn

- 2 & 3 Recover weight back onto right (2), step left to left side (&), cross right over left (3), 3.00
- & 4 & Step left to left side (&), cross right behind left (4), step left to left side (&) 3.00
- 5 Cross rock right over left – body facing L diagonal (5) styling: think of this almost as a lunge – or as a long 'slow' step 1.30
- 6 & Recover weight back onto left (6), make 1/8 turn left stepping back on right to face 12.00 (&), 12.00

7 & Make ¼ turn left stepping forward on left (7), make ¼ turn left stepping right to right side (&)
6.00

8 & Rock back on left (8), recover weight forward onto right foot (&) 6.00

START AGAIN, HAVE FUN!

TAG: 5th wall begins facing 12.00 – at the end of 5th wall you will be facing the back.

Add the 2 counts below then continue the dance from count 5 in the first section (so you will miss out first 4 counts of dance). 6.00

1 & 2 & Body should be angled naturally towards left diagonal due to the last step of the dance.
Rocking chair on diagonal: Rock forward on left diagonal (1), recover weight onto right (&),
rock back on left (2), recover weight onto right (&) 4.30

You will then continue from count 5 in section 1 squaring up to face back wall to do: Left side rock cross (5&6), right side rock cross (&7&), full turn (8&) and continue dance as normal. 6.00

www.dancejam.co.uk - Rachaeldance@me.com - Tel: 07968 181933
