

Raise Your Glass

COPPER KNOB
BY STEPHEN BRETZ

拍數: 64 牆數: 2 級數: High Intermediate / Advanced
編舞者: Rachael McEnaney (USA) - January 2011
音樂: Raise Your Glass - P!nk



Count In: 16 counts from start of track – dance begins on vocals.

Notes: There are 2 restarts in this dance occurring on 2nd wall and 5th wall – 5th wall has a “shake” tag before restart

[1 – 8] Side R, ¼ turn R stepping L, ¼ R with R chasse, touch L fwd, step back L, R coaster step

- 1 – 2 Step right to right side (1), make ¼ turn right stepping left to left side (2), 3.00
3 & 4 Make ¼ turn right stepping right to right side (3), step left next to right (&), step right to right side (4) 6.00
5 – 6 Angle body to R diagonal (7.30) and touch left toe forward (lean back slightly) (5), step back on left (6) 7.30
7 & 8 Step back on right (7), step left next to right (&), step forward on right (8) (body still angled to diagonal) 7.30

[9 – 16] Syncopated rock fwd L, step R, pivot ½ turn L, Cross R, side L, R sailor with R heel touch

- 1 2 & 3 4 Rock forward on left (1), recover weight to right (2), step left next to right (&), step forward on right (3), pivot 3/8 turn to left (4) 3.00
5 6 7 & 8 Cross right over left (5), step left to left side (6), cross right behind left (7), step left next to right (&), touch right heel to right diagonal (8) 3.00

[17 – 24] Ball cross L, hold, ball crossing shuffle L, syncopated side rocks

- & 1 2 Step in place on ball of right foot (&), cross left over right (1), hold (2) 3.00
& 3 & 4 Step ball of right slightly to right side (&), cross left over right (3), step right next to left (&), cross left over right (4) 3.00
5 6 & 7 8 Rock right to right side (5), recover weight left (6), step right next to left (&), rock left to left side (7), recover weight to right (8) 3.00

[25 – 32] Cross behind L, ¼ turn R stepping fwd, rock fwd L, full turn L travelling back, L coaster step

- 1 2 3 4 Cross left behind right (1), make ¼ turn right stepping forward on right (2), rock forward on left (3), recover weight right (4) 6.00
5 – 6 Make ½ turn left stepping forward on left (5), make ½ turn left stepping back on right (6), 6.00
7 & 8 Step back on left (7), step right next to left (&), step forward on left (8) 6.00

[33 – 40] Hip bumps forward then with ¼ turn R, R sailor, L behind side cross

- 1 - 2 Touch right toe forward bumping hips forward (1), step forward in place with right foot (2) 6.00
3 - 4 Touch left toe forward bumping hips forward (3) make ¼ turn right stepping in place with left foot (4) 9.00
5 & 6 Cross right behind left (5), step left next to right (&), step right to right side (6) 9.00
7 & 8 Cross left behind right (7), step right to right side (&), cross left over right (8) 9.00

[41 – 48] Almost repeating 33-40 (1/4 turn R hip bumps)

- 1 - 2 Make ¼ turn right touching right toe forward bumping hips forward (1), step forward in place with right foot (2) 12.00
3 - 4 Touch left toe forward bumping hips forward (3) make ¼ turn right stepping in place with left foot (4) 3.00
5 & 6 Cross right behind left (5), step left next to right (&), step right to right side (6) 3.00
7 & 8 Cross left behind right (7), step right to right side (&), cross left over right (8) 3.00

RESTART: 2nd & 5th walls

*2nd wall: Counts 7 & 8 – make ¼ turn right on & count then step forward on left (8) then restart facing 12.00

***5th wall: Counts 7 & 8 – make ¼ turn right on & count then step forward on left (8) (you will be facing 6.00)
add 4 count tag: Shake whole body in place while raising R hand like lifting glass (almost like run on spot to hit drum roll in track, then restart facing 6.00**

[49 – 56] R kick ball cross, press lunge R, behind R, side L, R crossing shuffle

1 & 2 3 4 Kick right to right diagonal (1), step in place on ball of right (&), cross left over right (2), press ball of right to right side bending R knee (3), recover weight to left (4) 3.00

5 6 7 & 8 Cross right behind left (5), step left to left side (6), cross right over left (7), step left next to right (&), cross right over left (8) 3.00

[57 – 64] Monterey turning sequence L & R, sweep L, cross over L, side R, cross L behind

1 2 3 4 Touch left to left side (1), make ¼ turn left stepping left next to right (2), touch right to right side (3), make ¼ turn right stepping right next to left (4) 3.00

5 6 7 8 Make ¼ turn right on ball of right sweeping L around (5), cross left over right (6), step right to right side (7), cross left behind right (8) 6.00

START AGAIN, HAVE FUN!

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