

With You In My Bed!

COPPER KNOB
BY STEPHEN

拍數: 64 牆數: 4 級數: Improver
編舞者: Elke Weinberger (NL) & Illona Klockner - March 2011
音樂: With You In My Bed (feat. Aaradhna) - Isaac Aesili



Start dance after 16 counts (on vocals) at time track 00:07.

Note: Reduce the tempo of the original soundtrack by 10 percent for a suitable comfort.

[1-9] Side, Sailor Cross, ¼ Right Monterey Turn, Kick Ball Forward, Out-Out

1 Step right to right
2&3 Cross left behind right, step right to right, cross left over right
4-5 Touch right to right, execute ¼ turn right and then step right beside left (3 O'clock)
6&7 Kick left forward, step left beside right, step right forward
8-1 Step left diagonally left forward, step right diagonally right forward

[10-17] Swivel, Swivel, Swivel, Swivel ¼ Left, Close, Forward Lock Steps, Pivot ½ Left Turn, Kick

2&3 Swivel both heels to left, swivel both heels right, swivel both heels to left
4-5 Swivel both heels to right to execute ¼ turn left, slide left beside right (12 O'clock)
6&7 Step right forward, lock step left behind right, step right forward
8-1 Pivot ½ turn left (weight remains on right), kick left forward (6 O'clock)

[18-25] Anchor Rock, Prissy Walk, Forward Lock Steps, Swivel ¼ Left Turn, Swivel ¼ Right Turn

2&3 Rock left behind right, recover weight onto right, rock left behind right
4-5 Prissy walk forward right, left
6&7 Step right forward, lock step left behind right, step right forward
8-1 Swivel both heels right to execute ¼ turn left, swivel both heels left to execute ¼ turn right (6 O'clock)

[26-31] Forward Mambo, Back, ¼ Left Turn, Cross Rock, Recover, Side

2&3 Rock left forward, recover weight onto right, step left back
4-5 Step right back, execute ¼ turn left and then step left to left (3 O'clock)
6&7 Cross rock right over left, recover weight onto left, step right to right

[32-41] Cross, Side, Sailor Step, Cross, Side, Sailor Cross, Side Toe Slide

8-1 Cross left over right, step right to right
2&3 Cross left behind right, step right to right, step left to left
4-5 Cross right over left, step left to left
6&7 Cross right behind left, step left to left, cross right over left
8-1 Over 2 counts - slide left toes to left as you dip down

[42-49] Cross Shuffle, ¼ Right Turn Skate, Skate, ¼ Right Turn Cross Shuffle, Hip Roll Unwind ½ Left Turn

2&3 Cross left over right, step right to right, cross left over right
4-5 Execute ¼ turn right and then skate right forward, skate left forward (6 O'clock)
6&7 Execute ¼ turn right and then cross right over right, step left to left, cross right over left (9 O'clock).
8-1 Over 2 counts - roll hips counter-clockwise to unwind ½ turn left (3 O'clock).

[50-57] Coaster Cross, Hold, Ball Cross, Scissor Step, Hip Roll Unwind ½ Right Turn

2&3 Step right back, step left beside right, cross right over left
4&5 Hold, step left to left, cross right over left
6&7 Step left to left, step right beside left, cross left over right
8-1 Over 2 counts - roll hips clockwise to unwind ½ turn right (9 O'clock).

[58-64] Coaster Cross, Hold, Ball Cross, Scissor Step, Figure '4' Hitch

2&3 Step right back, step left beside right, cross right over left

4&5 Hold, step left to left, cross right over left

6&7 Step left to left, step right beside left, cross left over right

8 Rise on ball of left as you hitch right behind left into a figure '4'
