

Nothin' But The Music

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: High Intermediate
編舞者: Debbie McLaughlin (UK) - May 2011
音樂: Music - Leela James : (Album: A Change is Gonna Come)



Count In: Straight after instrumental on first beat when the lyrics come in (12 seconds)

WALK WALK, ANCHOR STEP ½ TURN, TURN CROSS SIDE, BEHIND SIDE CROSS

1 2 Walk forward R, Walk forward L
3&4 Step R slightly behind L, Recover weight onto L, Make ½ turn R stepping R forward (6 o'clock)
5&6 Make ¼ turn R stepping L to L, Cross R over L, Step L to L (9 o'clock)
7&8 Cross R behind L, Step L to L, Cross R over L to face L diagonal 7 o'clock (sweep L around from back to front)

CROSS BACK, BACK LOCK BACK SIDE, CROSS BACK, BACK LOCK BACK SIDE

1 2 Cross L over R, Step back on R
3&4& Step back on L, Lock R across L, Step back L, Step R slightly back
5 6 Cross L over R, Step back on R
7&8& Step back on L, Lock R across L, Step back L, Step R slightly back

**** These 8 counts are to be done facing 7 o'clock and travelling backwards towards 2 o'clock

WALK WALK, STEP ½ TURN STEP, SWEEP TOUCH, BACK LOCK BACK SIDE

1 2 Straightening up to 9 o'clock wall - Walk forward L, Walk forward R
3&4 Step L forward, Pivot ½ turn R taking weight forward onto R, Step L forward (3 o'clock)
5 6 Keeping weight on L, sweep R foot round ½ turn over L shoulder, Touch R forward (9 o'clock)
7&8& Step back on R, Lock L over R, Step back on R, Step slightly back on L

CROSS ROCK RECOVER, BEHIND ¼ TURN, STEP ½ STEP, STEP ½ TURN ROCK RECOVER

1 2 3 Cross R over L, Rock L to L side, Recover weight onto R
&4 Cross L behind R, make ¼ turn R stepping forward R (12 o'clock)
5&6 Step L forward, Pivot ½ turn R taking weight on R, Step L forward (6 o'clock)
7&8& Step R forward, Pivot ½ turn L taking weight on L, Rock forward on R, Recover weight back onto L (12 o'clock)

BACK SWEEP BACK SWEEP, BEHIND SIDE CROSS, UNWIND FULL TURN & CROSS, SWITCH & SWITCH

1 2 Step back R and sweep L from front to back, Step back L and sweep R from front to back
3&4 Cross R behind L, Step L to L side, Cross R over L
5&6 Unwind full turn over L shoulder ending with weight on R, Step L to L side, Cross R over L
7&8 Touch L to L side, Step L in place, Touch R to R side

MONTEREY TOUCH, ROCK RECOVER ¼ TURN, ½ TURN ½ TURN, FORWARD ROCK BACK ROCK

1 2 Make ½ turn over R shoulder stepping R beside L, Touch L to L side (6 o'clock)
3&4 Rock L across R, Recover back onto R, Make ¼ turn L stepping L forward (3 o'clock)
5 6 Make ½ turn L stepping back on R, Make ½ turn L stepping forward on L (3 o'clock)
7&8& Rock forward on R, Recover back onto L, Rock back on R, Recover weight forward onto L

PRESS SWEEP, BEHIND SIDE CROSS, ROCK RECOVER CROSS, ¼ TURN ¼ TURN CROSS

1 2 Press R forward, Recover weight back onto L whilst sweeping R from front to back
3&4 Cross R behind L, Step L to L side, Cross R over L
5&6 Rock L out to L side, Recover weight onto R, Cross L over R

7&8 Make ¼ turn L stepping back on R, Make ½ turn L stepping forward on L, Step forward on R
(6 o clock)

HIP ROLL &, MAMBO STEP, MAMBO STEP, COASTER STEP LOCK

1 2& Rock forward on L (rolling L hip anti-clockwise front to back), Recover weight onto R, Step L
beside R

3&4 Rock forward on R, Recover back onto L, Step R beside L

5&6 Rock forward on L, Recover back onto R, Step L beside R

7&8& Step back on R, Step L beside R, Step L forward, Lock L behind R

Restarts: (Restarts take the dance to the opposite 2 walls)

During 2nd Wall – Dance up to count 16 (ending weight on L) and restart the dance facing 3 o clock

During 5th Wall – Dance up to count 48& and restart the dance facing 6 o clock

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