

Crying Over You

COPPER KNOB
BY STEPHEN METZ

拍數: 64 牆數: 4 級數: Improver - Novice
編舞者: Rachael McEnaney (USA) - May 2011
音樂: Why - Lights Out : (Album: Long Time Coming)



Count In: 32 counts from start of track – dance begins on vocals

[1 – 8] Step R, hold, Step L, ½ pivot R, Step L, hold, full turn (or 2x walks)

1, 2, 3, 4 Step forward on right (1), hold (2), step forward on left (3), pivot ½ turn right (4), 6.00
5, 6, 7, 8 Step forward on left (5), hold (6), make ½ turn left stepping back on right (7), make ½ turn left stepping forward on left (8)

Easy option counts 7 – 8 – walk forward on right (7), walk forward on left (8) 6.00

[9 – 16] Step R, hold, Step L, ¼ pivot R, cross L toe strut, side R toe strut.

1, 2, 3, 4 Step forward on right (1), hold (2), step forward on left (3), pivot ¼ turn right (4) 9.00
5, 6, 7, 8 Cross ball of left over right (5), drop left heel to floor taking weight (6), touch right toe to right side (7), drop right heel - taking weight (8) 9.00

[17 – 24] L cross, R side, L heel, L side, R cross, L side, R heel, R side (slow vaudeville)

1, 2, 3, 4 Cross left over right (1), step right to right side (2), touch left heel to left diagonal (3), step left foot down in place (4) 9.00
5, 6, 7, 8 Cross right over left (5), step left to left side (6), touch right heel to right diagonal (7), step right foot down in place (8) 9.00

[25 – 32] L jazz box with ¼ turn L, brush R, R lock step fwd, hold.

1, 2, 3, 4 Cross left over right (1), make ¼ turn left stepping back on right (2), step left to left side (3), brush right foot forward (4) 6.00
5, 6, 7, 8 Step forward on right (5), step left next to right (6), step forward on right (7), hold (8) 6.00

[33 – 40] 4 count weave to L, L side rock cross, hold.

1, 2, 3, 4 Step left to left side (1), cross right behind left (2), step left to left side (3), cross right over left (4) 6.00
5, 6, 7, 8 Rock left to left side (5), recover weight to right (6), cross left over right (7), hold (8) 6.00

[41 – 48] 4 count weave to R, R side rock, ¼ turn L stepping fwd R, hold.

1, 2, 3, 4 Step right to right side (1), cross left behind right (2), step right to right side (3), cross left over right (4) 3.00
5, 6, 7, 8 Rock right to right side (5), recover weight onto left as you make a ¼ turn left (6), step forward on right (7), hold (8) 3.00

[49 – 56] ½ turn R with hitch, ½ turn R with hitch, hold, L rocking chair

1, 2, 3, 4 Make ½ turn right on ball of right hitching left knee (1), step back on left (2), make ½ turn right on ball of left hitching right knee (3), step forward on right (4) 3.00

Easy: Easy option for counts 1 – 4 Hitch left knee (1), walk forward on left (2), hitch right knee (3), walk forward on right (4)

5, 6, 7, 8 Rock forward on left (5), recover weight onto right (6), rock back on left (7), recover weight onto right (8) 3.00

[57 – 64] L heel strut, R fwd rock, R side rock, R back rock.

1, 2, 3, 4 Touch left heel forward (1), drop left toe to floor – taking weight (2), rock right foot forward (3), recover weight to left (4) 3.00
5, 6, 7, 8 Rock right to right side (5), recover weight to left (6), rock right foot back (7), recover weight to left (8) 3.00

START AGAIN, HAVE FUN!

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