

Go The Distance

COPPER KNOB
BY SHEPHERD

拍數: 32 牆數: 2 級數: Advanced
編舞者: Ross Brown (ENG) - August 2011
音樂: Go the Distance - Michael Bolton : (CD: The Soul Provider: The Best Of Michael Bolton - 04:41)



Intro: 20 Counts (Approx. 18 Secs)

SIDE, BEHIND, ¼ TURN R. STEP, PIVOT ¼ TURN R, CROSS. ¼ TURN L, ¼ TURN L, CROSS. BASIC NIGHTCLUB.

- 1 – 2 & Step right to the right, cross step left behind right, make a ¼ turn right stepping forward with right.
- 3 – 4 & Step forward with left, pivot a ¼ turn right, cross step left over right.
- 5 – 6 & Make a ¼ turn left stepping back with right, make a ¼ turn left stepping left to the left, cross step right over left.
- 7 – 8 & Step left to the left, cross step right behind left, cross step left over right. (12 o'clock)

RESTARTS : On Walls 3, 6 & 8, restart the dance at this point facing 12, 12 & 6 o'clock respectively.

SIDE, TOGETHER, FORWARD. ROCK FORWARD, ½ TURN L. (RAISED) SWEEP FULL TURN L. CROSS, SIDE, BEHIND, SWEEP. BEHIND, SIDE, DIAGONAL.

- 1 – 2 & Step right to the right, step left next to right, step forward with right.
- 3 – 4 & Rock forward with left, recover onto right, make a ½ turn left stepping forward with left.
- 5 Make a full turn left sweeping right foot around (with foot slightly raised off floor).
- 6 & 7 & Cross step right over left, step left to the left, cross step right behind left, sweep left foot around.
- 8 & 1 Cross step left behind right, step right to the right, step left forward towards right diagonal. (7:30)

FORWARD COASTER STEP. 1 ½ TURN L, SWEEP. WEAVING SEMI-CIRCLE SHAPE ½ TURN R.

- 2 & 3 (Still facing diagonal) Step forward with right, step left next to right, step back with right.
- 4 & Make a full turn left stepping; forward with left (½), back with right (½). (7:30)
- 5 Make a ½ turn left stepping forward with left sweeping right foot forward. (1:30)
- 6 & Make an 1/8 turn right stepping right over left, make an 1/8 turn right stepping back with left.
- 7 & Make an 1/8 turn right stepping right to the right, cross step left behind right. (6 o'clock)
- 8 & Make an 1/8 turn right stepping forward with right, make an 1/8 turn stepping left to the left.

BRIDGE On Wall 2, after finishing this Section add the following 2 Counts, then carry on from the next Section.

- 1 – 2 Step back with right swaying back, sway forward. [Weight ends on left] (9 o'clock)

BEHIND with SWEEP. X3. COASTER STEP. STEP, ¼ TURN R. BACK ROCK. ¼ TURN L, ½ TURN L. LAZY PIROUETTE ¾ TURN L.

- 1 Cross step right behind left sweeping left foot from infront to behind.
- 2 Cross step left behind right sweeping right foot from infront to behind.
- 3 Cross step right behind left sweeping left foot from infront to behind.
- 4 & 5 Step back with left, step right next to left, step forward with left.
- & 6 Step forward with right, make a ¼ turn right stepping left to the left.
- & 7 Rock back with right, recover onto left.
- & 8 Make a ¼ turn left stepping back with right, make a ½ turn left stepping forward with left.
- & Make a ¾ turn left touching right sole to left inner ankle. (6 o'clock)

End of Dance. Start again and Enjoy!

