

Leave Your Mark

COPPER KNOB
BY STEPHEN METZ

拍數: 48 牆數: 2 級數: Intermediate waltz
編舞者: Debbie McLaughlin (UK) - October 2011
音樂: I Was Here - Beyoncé : (Album: 4)



Count in: On Lyrics

BACK, ½ TURN, ¼ TURN SWEEP, CROSS, SIDE, ¾ TURN

- 1, 2, 3 Step back on L, Make ½ turn R stepping forward on R, Make ¼ turn R sweeping L around (9 o'clock)
- 4, 5, 6 Cross L over R, Make ¼ turn L stepping back on R, Make ½ turn L hitching L knee up (12 o'clock)

BEHIND ROCK RECOVER, BEHIND ROCK RECOVER *these steps travel slightly backwards

- 1, 2, 3 Cross L behind R, Rock R to R side, Recover weight onto L
- 4, 5, 6 Cross R behind L, Rock L to L side, Recover weight onto R

BEHIND SIDE CROSS, ¼ TURN STEP ¼ PIVOT TURN

- 1, 2, 3 Cross L behind R, Step R to R side, Cross L over R
- 4, 5, 6 Make ¼ turn R stepping R forward, Step forward on L, Pivot ¼ turn R taking weight onto R (6 o'clock)

CROSS ¼ TURN ¼ TURN, CROSS ¼ TURN ¼ TURN

- 1, 2, 3 Cross L over R, Make ¼ turn L stepping back on R, Make ¼ turn L stepping L to L side (12 o'clock)
- 4, 5, 6 Cross R over L, Make ¼ turn R stepping back on L, Make ¼ turn R stepping R to R side (6 o'clock)

CROSS SIDE BACK, BACK SIDE CROSS *diamond steps

- 1, 2, 3 Cross L over R, Step R to R side, Make 1/8 turn L stepping back on L (5 o'clock)
- 4, 5, 6 Still on diagonal step back on R, Make 1/8 turn L stepping L to L side, Making 1/8 turn L step forward R (1 o'clock)

FORWARD SIDE BACK, BACK SIDE CROSS * diamond steps

- 1, 2, 3 Still on diagonal step L forward, Making 1/8 turn L Step R to R side, Making 1/8 turn L step back on L (11 o'clock)
- 4, 5, 6 Still on diagonal step back on R, Make 1/8 turn L stepping L to L side, Cross R over L (9 o'clock)

SIDE DRAG, STEP ¼ SWEEP ½

- 1, 2, 3 Take L big step to L side, Drag R to L, Touch R beside L
- 4, 5, 6 Make ¼ turn R stepping R forward, Make ½ turn R sweeping L around over 2 counts (6 o'clock)

STEP ½ TURN, ½ TURN, STEP HOLD

- 1, 2, 3 Step L forward, Make ½ turn L stepping back on R, Make ½ turn R stepping forward L (6 o'clock)
- 4, 5, 6 Step R big step forward, Take weight up onto R toes over two counts (ready to start dance again by stepping back on L)

RESTART – During the 3rd wall restart the dance after 12 counts facing 12 o'clock.

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