

Mirror of My Dreams

COPPER KNOB
BY STEPHEN

拍數: 36

牆數: 2

級數: Intermediate / Advanced NC2S
rhythm



編舞者: Jennifer Choo Sue Chin (MY) - November 2011

音樂: She - Elvis Costello : (Soundtrack from Notting Hill)

Intro: 1 x 8 counts (start at vocals, approx 0:07)

SET 1: R NIGHTCLUB BASIC, ¼R SPIRAL, RUN RUN RUN, L COASTER, ¼L SWEEP, WEAVE, ¼L SWEEP

- 1 RF taking a big step to the R
2&3& Step LF behind RF, Cross RF over LF, ¼R stepping back on LF, ½R spiral on LF (9:00)
4&5 Step RF fwd, Step LF fwd, Rock R fwd
6&7& Recover weight on LF, Close RF next to LF, Step LF fwd, ¼L sweeping RF from back to front (6:00)
8&1& Cross RF in front of LF, Step LF to L, Step RF behind LF, ¼L sweeping LF from front to back (3:00)

SET 2: BEHIND SIDE CROSS ROCK, RECOVER SIDE CROSS ROCK, RECOVER, FORWARD, STEP ¼R SIDE

- 2&3 Step LF behind RF, Step RF to R, Cross rock LF over RF
4&5 Recover weight on RF, Step LF to L, Cross rock RF over L
6-7 Recover weight on LF, Step RF fwd

Styling Options: Wrap both arms around body on count 6, Body move forward first before RF and tilt head back on count 7

(The head is tilted back as if the body is being pulled forward, not a forced tilt...see video!)

- 8&1 Step LF fwd, ½R weight on RF, ¼R LF taking big step to L (12:00)

SET 3: HALF DIAMOND FALLAWAY, TOUCH FULL R UNWIND, SWEEP, ¼R BACK ROCK FWD

- 2&3 1/8R stepping RF back, Step LF back, 1/8R RF taking big step to R (3:00)
4&5 1/8R stepping LF fwd, Step RF fwd, 1/8R LF taking big step to L (6:00)
6&7 Touch R toe behind LF, Unwind full turn R keeping weight on LF, Sweep RF from front to back (6:00)
8&1 Continue sweeping another ¼R Step RF behind LF, Replace weight on LF, Step RF fwd (9:00)

[Advanced Options for 8&1: HITCH ¼R KICK, FWD

- 8&1 Hitch R knee into figure 4 (knee pointing right), ¼R Kick RF fwd, Step RF fwd (9:00)]

SET 4: WALK, WALK, STEP ¼R, CROSS, ¼L BACK, ½L TURN, STEP ¾L

- 2-3 Step LF fwd, Step RF fwd (Try to keep your toes dragging on the floor and not lifting them up!)
4&5 Step LF fwd, ¼R recover on RF, Cross LF over RF (12:00)
6-7 ¼L stepping RF back, ½L Stepping LF fwd (3:00)

[Advanced Options for 6-7: DO 1 ¾ PROGRESSIVE TURNS OVER THE L SHOULDER

- 6&7& ¼L stepping RF back, ½L Stepping LF fwd, ½L Stepping RF back, ½L Stepping LF fwd (3:00)]
8& Step RF fwd, ¾L shifting weight on LF (6:00)

On wall 4, restart the dance here.

SET 5: R NIGHTCLUB BASIC, L NIGHTCLUB BASIC

- 1 RF taking a big step to R
2&3 Step LF behind RF, Cross RF over LF, LF taking a big step to L
4& Step RF behind LF, Cross LF over RF

Repeat & Enjoy!

Restart: On wall 4, dance until count 32& then restart dancing

Ending: Dance until the sweep on count 8&1 of Set 1 without doing a $\frac{1}{4}$ L. Still facing 12:00, Sweep LF till the back and touch it behind RF. Do a Full Turn Unwind over L shoulder and end the dance with a big sweep with LF from front to back into a curtsey.

Note: This dance is dedicated to Ivy Low for her "I We Dance Celebration" on 30 October 2011.

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