

Show The Lights

COPPER KNOB
BY STEPHEN

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Jacob Ballard (USA) - December 2011
音樂: Lights - Ellie Goulding



Start on lyrics

¾ SPIRAL, SIDE ROCK, CROSS, BIG STEP SIDE, WEAWE WITH ¼

1-2 step right forward, spiral ¾ left
&3-4 rock left to side, recover to right, cross left over right
5-6 step right big step to side, drag left slowly to right
&7&8 step left next to right, cross right over left, turn ¼ right and step left back, step right back

COASTER, ¼, ½, TRIPPLE FORWARD, FORWARD, SIDE

1&2 left coaster step
3-4 turn ¼ left and step right to side, turn ½ left and step left forward
5&6 tripple forward right, left, right
7-8 step left forward, step right to side

SAILOR STEP, TOUCH, ¼, CROSS, ¼, STEP, OUT-OUT

1&2 left sailor step
3-4 touch right forward, turn ¼ right stepping right to side
5-6 cross left over right, turn ¼ right stepping forward on right
7&8 step left forward, step right small step to side, step left bigger step to side

½, BACK CROSS ROCK, ½ TRIPPLE , CROSS ¼ SIDE, CROSS

1 turn ½ left on ball of left foot stepping right to side
2&3 rock/cross left behind right, recover to right, step left to side
4&5 turn ½ right on ball of left foot and step right to side, step left together, step right to side
6&7 cross left over right, turn ¼ left stepping back on right, step left to side
8 cross right over left

HIPS ROLLS, ¼, ¼, FULL TRIPPLE

a1-2 step left to side pushing hips left (A), roll hip counter clockwise slowly to right side pushing hip to right (1-2)
a3-4 roll hip counter clockwise over to left side pushing hip to left (A), roll hip one full rotation counter clockwise ending with weight on the left (3-4)
5-6 turn ¼ right stepping forward on right, turn ¼ right stepping left to side
7&8 turn ½ right on ball of left foot stepping right to side, turn ¼ right stepping forward slightly on left, turn ¼ right crossing right slightly over left

HIP ROLLS, SIDE, CROSS, FULL TRIPPLE

a1-2, a3-4 repeat same exact hip rolls from previous section
5-6 step right to side, cross left over right
7&8 turn ¼ left stepping back on right, turn ½ left stepping forward on left, turn ¼ left stepping right to side

CROSS ROCK, ¼, ½, BACK ROCK WITH ¼ , ½, SIDE

1-2 cross rock left over right, recover to right
3-4 turn ¼ left stepping forward on left, turn ½ left stepping back on right
5&6 rock left back, recover to right, turn ¼ left stepping forward on left
7-8 turn ½ left on ball of left foot lifting right slightly, step right to side

SAILOR STEP, SAILOR STEP ¼, CROSS, UNWIND, ¾

- 1&2 left sailor step
3&4 cross right behind left, step left slightly to side, turn ¼ left stepping right to side
5-6 cross left over right, unwind ¾ right
7-8 turn ¾ right on ball of right foot bring left up into “figure 4” position, step forward on left

REPEAT

TAG: On wall 4, after count 28&, instead of stepping right to side,:-

- 1-2 press right to side, hold
3-4 recover weight to left slowly over 2 counts
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