

Beautiful Mother

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 1 級數: Intermediate - Smooth
編舞者: Bronya Bishorek (MY) - February 2012
音樂: The Way You Look Tonight - Frank Sinatra



Specially created for my mother, Katy, in memory of my father, John

GRAPEVINE RIGHT WITH DIAGONAL BACK LEG LIFT, ¼ RIGHT STEP, ½ RIGHT STEP

- 1-3 Step right to right, step left behind right, step right to right
- 4 Lift left leg up behind body making a 1/8 turn right
- 5 Making a 1/8 turn right, step left forward
- 6 ¼ turn right, step right in place
- 7 Step left forward
- 8 ½ turn right, step right in place

GRAPEVINE LEFT WITH DIAGONAL BACK LEG LIFT, ¼ LEFT STEP, ½ LEFT STEP

- 1-3 Step left to left, step right behind left, step left to left
- 4 Lift right leg up behind body making a 1/8 turn left
- 5 Making a 1/8 turn left, step right forward
- 6 ¼ turn left, step left in place
- 7 Step right forward
- 8 ½ turn left, step left in place

SWING FORWARD & BACK, GLIDE BACK

- 1-2 Step right forward, replace weight on left
- 3-4 Step right back, replace weight on left
- 5-6 Step right forward, replace weight on left
- 7-8 Push and glide back landing on right, hold

SWING BACKWARD & FORWARD, GLIDE FORWARD

- 1-2 Step left back, replace weight on right
- 3-4 Step left forward, replace weight on right
- 5-6 Step left back, replace weight on right
- 7-8 Push and glide forward landing on left, hold

3 POINT TURN DIAGONAL RIGHT, LUNGE, PUSH AND SWEEP LEFT, RIGHT, LEFT WEAVE, HOLD (12 STEPS)

- 1 Step forward on right facing 1:00
- 2 Make ½ turn right stepping back on left
- 3 Make ½ turn right stepping forward on right
- 4 Lunge forward on left foot (still facing 1:00)
- 5 Push weight back to right foot, pointing left toe forward
- 6 Sweep left toe from front to back
- 7 Push weight back to left foot, pointing right toe forward
- 8 Sweep right toe from front to back
- 9 Step right behind left
- 10 Step left next to right
- 11 Step right across left at a diagonal angle (facing 11:00)
- 12 Hold

3 POINT TURN DIAGONAL LEFT, LUNGE, PUSH AND SWEEP RIGHT, LEFT, RIGHT WEAVE, HOLD (12 STEPS)

- 1 Step forward on left facing 11:00
- 2 Make ½ turn left stepping back on right
- 3 Make ½ turn left stepping forward on left
- 4 Lunge forward on right foot (still facing 11:00)
- 5 Push weight back to left foot, pointing right toe forward
- 6 Sweep right toe from front to back
- 7 Push weight back to right foot, pointing left toe forward
- 8 Sweep left toe from front to back
- 9 Step left behind right
- 10 Step right next to left
- 11 Step left across right at a diagonal angle (facing 1:00)
- 12 Hold

SLOW BODY SWAY, QUICK BODY SWAY, PUSH UP

- 1-2 Sway weight to right leg
- 3-4 Sway weight to left leg
- 5-7 Sway right, left, right
- 8 Push upwards lifting body on tip toe of left leg

REPEAT

Choreographers Note : This dance took 1st place in the 2004 UCWDC Asian leg in the non-country category

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