

One Last Lie

COPPER KNOB
STEPSHEETS

拍數: 60 牆數: 2 級數: Phrased Intermediate - waltz
編舞者: Ruben Luna (USA), Scott Schrank (USA) & Irene Tang (HK) - March 2012
音樂: Lie - David Cook : (CD: David Cook)



Start: 24-Count Intro (10 Seconds in)

Phrasing: The Sequence is 60-60-60-18-60-60-Tag-60-60-Tag-60 to end

[1-6] STEP, SWEEP, STEP, SWEEP 1/4 TURN

1-3 Step R foot forward (1), Sweep L foot round to front (2-3)
4-6 Step L foot forward while sweeping R foot front of L foot making 1/4 turn left (4-6) (9:00)

[7-12] CROSS, 1/4 TURN, 1/2 TURN, STEP, SWEEP

1-3 Step R foot over L foot (1), Make 1/4 turn right stepping L foot back (2), Pivot 1/2 turn right on ball of L foot stepping R foot forward (3) (6:00)
4-6 Step L foot slightly forward (4), Sweep R foot around and behind L foot (5-6)

[13-18] BEHIND, TURN, STEP, FORWARD ROCK, RECOVER, BACK

1-3 Step R foot behind L foot (1), Make 1/8 turn left stepping L foot forward (2), Step R foot forward (3) (4:30)
4-6 Rock L foot forward (4), Recover weight to R foot (5), Step L foot slightly back preparing to turn right (6)

(Restart Happens Here Facing 10:30) (Make 1/8 Turn Right Then Restart Dance facing 12:00)

[19-24] 3/8 BASIC FORWARD, BASIC BACK

1-3 Make a 3/8 turn right on ball of L foot while stepping R foot forward (1), Step L foot next to R foot (2), Step R foot in place (3) (9:00)
4-6 Step L foot back (4), Step R foot next to L foot (5), Step L foot in place (6)

[25-30] CROSS, POINT, HOLD, CROSS, POINT, HOLD

1-3 Cross step R foot over L foot (1), Point L toes left (2), Hold (3)
4-6 Cross step L foot over R foot (4), Point R toes right (5), Hold (6)

[31-36] 3/4 TRIPLE TURN, STEP, SWEEP

1-3 Make a 3/4 triple turn right on spot (1-3) (6:00)
4-6 Step L foot forward (4), Sweep R foot round to front (5-6)

[37-42] RIGHT TWINKLE BASIC, LEFT TWINKLE 1/2 TURN

1-3 Cross step R foot over left (1), Close L foot next to right (2), Step R foot to right angle (3)
4-6 Cross L foot over R foot (4), Make 1/4 turn left stepping back on R foot (5), Make 1/4 turn left on ball of R foot stepping L foot left (6) (12:00)

[43-48] STEP, HITCH, HOLD, BACK, SLOW DRAG

1-3 Step R foot forward 1/8 turn left (1), Hitch L foot low next to R foot (2), Hold (3) (10:30)
4-6 Step L foot back (4), Drag R toes towards L foot (5-6)

[49-54] RIGHT TWINKLE BASIC, LEFT TWINKLE 1/2 TURN

1-3 Cross step R foot over left (1), Close L foot next to right (2), Step R foot to right angle (3) (12:00)
4-6 Cross L foot over R foot (4), Make 1/4 turn left stepping back on R foot (5), Make 1/4 Turn left on ball of R foot stepping L foot left (6) (6:00)

[55-60] CROSS, SIDE ROCK, RECOVER, CROSS, SIDE ROCK, RECOVER

1-3 Cross step R foot over L foot (1), Rock L foot to left (2), Recover weight to R foot (3)

4-6 Cross step L foot over R foot (4), Rock R foot to right (5), Recover weight to L foot (6)

Start the dance again

TAG: The tag comes at the end of rotation 6 facing 12:00 and then rotation 8 facing 12:00.

1-3 Cross rock R foot over L foot (1), Recover weight to L foot (2), Replace R foot next to L foot (3)

4-6 Cross rock L foot over R foot (4), Recover weight to R foot (5), Replace L foot next to R foot (6)

RESTART: The restart happens after you complete the third rotation. Dance the first 18 counts of the dance. You will be facing 10:30. On the next count, straighten to the 12:00 wall and start the dance again

FINISH: Do the first 18 counts of the dance. You will be facing 10:30. On count 19, step R foot back on the diagonal and keep L toes pointed while sliding the L foot slowly next to the R foot and pose.

Co-Choreographed by:

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