

Now And At The Hour

COPPER KNOB
STEP SHEETS

拍數: 64 牆數: 4 級數: Improver
編舞者: Roly Ansano (USA) - March 2012
音樂: The Prayer - Ann Tayler & Lars Hansen : (Album: Let Your Momma Go)



Intro: 36 counts from first drumbeat, at the word 'round'

SEC 1: SIDE-TOGETHER-SIDE, ROCK-RECOVER-SIDE

1-4 Step R to side, step L together, step R to side, hold
5-8 Rock L back, recover to R, step L to side, hold

SEC 2: ROCK-RECOVER-SIDE, SIDE TOGETHER-SIDE

1-4 Rock R back, recover to L, step R to side, hold
5-8 Step L to side, step R together, step L to side, hold

SEC 3: STEP-TURN-CROSS, ROCK-RECOVER-CROSS

1-4 Step R forward, pivot 1/4 left, cross R over L, hold
5-8 Rock L to side, recover to R, cross L over R, hold

SEC 4: HIP ROLLS

1-4 Step R to side & roll hips right-left-right, touch L to side
5-8 Step L to side & roll hips left-right-left, touch R to side

SEC 5: SIDE-TOGETHER-SIDE, POINT-POINT-SLIDE

1-2 Turn 1/4 right & step R to side, step L together
3-4 Step R to side, touch L together
5-6 Touch L to side, touch L together
7-8 Slide L to side, drag/touch R together

SEC 6: FOUR-COUNT HOLD, POINT-POINT-SLIDE

1-4 Holding foot position, knock chest with fingertips thrice, hold
5-6 Touch R to side, touch R together
7-8 Slide R to side, drag/touch L together

SEC 7: STEP-TURN-CROSS, HIP SWAYS

1-4 Step L forward, pivot 1/4 right, cross L over R, hold
5-8 Step R to side & sway hips right-left-right, hold

SEC 8: ROCK-RECOVER-SIDE, ROCK-RECOVER-HOLD

1-4 Rock L back, recover to R, step L to side, hold
5-8 Rock R back, recover to L, touch R next to L, hold

REPEAT

Bridge / TAG: On Wall 3 dance to end of Sec 7. Add

1-4 Rock L back, recover to R, step L to side, hold
5-8 Rock R back, recover to L, step R to side, hold

Then continue with Sec 8:

ENDING: On Wall 6 dance to end of Sec 7. Add

1-4 Turn 1/4 left & rock L back, recover to R, step L forward, hold
5-8 Step R forward, pivot 1/4 left, cross R over L, hold
9-12 Rock L to side, recover to R, cross L over R, hold

13-15

Touch R to side, touch R together, touch R to side
