

In Limbo

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Scott Schrank (USA) - July 2012
音樂: How Long - Dave Barnes : (CD: Stories To Tell - iTunes)



Start: 16-Count Intro

Phrasing: 2 Restarts 32-32-16-32-32-32-16-32-28-Finish

Note: Think of count 1 in the first three sets of 8 as "Soft".

The accent is actually on the "& 2". He is usually singing the words "How Long"

[1-8] STEP-PRESS-SWEEP, BEHIND-TURN-SWEEP, CROSS, BACK, TRIPLE 1/2 LEFT

- 1&2 Step L foot forward (1), Press R foot slightly in front of L foot (&), Step down on L foot while sweeping R foot behind L foot (2)
- 3&4 Step ball of R foot behind L foot (3), Make 1/4 turn left stepping L foot forward (&), Step R foot forward while sweeping L foot over R foot (4) (9:00)
- 5-6 Step L foot over R foot (5), Step back on R foot (6)
- 7&8 Triple step in place making 1/2 turn left (L-R-L) (7&8) (3:00)

[9-16] PRESS-RECOVER-SLIDE, BALL-STEP, 1/4 TURN POINT, STEP, CHASE TURN LEFT

- 1&2 Press R foot forward (1), Recover weight to L foot (&), Step R foot back long while slowly sliding L foot next to R foot (2)
- 3&4 Continue sliding L foot slightly past R foot (3), Step down on ball of L foot (&), Step R foot forward (4)
- 5-6 Make 1/4 turn right on ball of R foot pointing L toes left (5), Step L foot forward (6) (6:00)
- 7&8 Step R foot forward (7), Pivot 1/2 turn left on balls of feet (&), Step R foot forward (8) (12:00)
- (Both restarts happen here. The first restart is after the second full rotation facing 6:00. The second time after the 5th full rotation facing 9:00)

[17-24] STEP-OUT-OUT, BEHIND-TURN-STEP, PIVOT 1/2 TURN, FORWARD COASTER

- 1&2 Step L foot small step forward (1), Step R foot out right (&), Step L foot out left (2)
- 3&4 Step R foot right behind L foot (3), Make 1/4 turn right on ball of R foot stepping L foot next to R foot (&), Step R foot forward (4) (3:00)
- 5-6 Step L foot forward (5), Pivot 1/2 turn right on balls of feet (6) (Weight the R) (9:00)
- 7&8 Step L foot forward (7), Step R foot next to L foot (&), Step L foot back (8)

[25-32] ROCK, RECOVER, STEP-PIVOT-CROSS, TURN 1/4, TURN 1/2, STEP, TURN 1/2

- 1-2 Rock R back (1), Recover weight to L foot (2)
- 3&4 Step R foot forward (3), Pivot 1/4 turn left on balls of feet (&), Cross R foot over L foot (4) (6:00)
- 5-6 Make 1/4 turn right stepping back on L foot (5), Make 1/2 turn right on ball of L foot stepping forward on R foot (6) (3:00)
- 7-8 Step L foot forward (7), Make 1/2 turn right on ball of L foot stepping R foot forward (8) (9:00)

Start the dance again

Finish: On your last wall, do the first 28 counts of the dance as written. You will be facing 12:00 with right foot over left foot. On count 29, point left toes left with a pose.

Contact: www.scottschrank.com - sschrank@bellsouth.net