

Pride

COPPER KNOB
BY STEPHEN

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Pat Stott (UK) - September 2012
音樂: Pride - Amy Macdonald : (CD: Life In A Beautiful Light Deluxe Version)



"Dedicated to all our fantastic athletes who took part in London 2012"

Commence after 16 beats on vocals

Section 1: Walk, Walk, Coaster Step Fwd, Walk Back, Walk Back, Coaster Step

1 2 3&4 Walk fwd on right, walk fwd on left, coaster step forward,
5 6 7&8 walk back walk back , coaster step

Section 2: Cross, Recover, Chasse Right, Cross, Recover, Chasse Left With 1/4 Turn Left

1 2 3&4 cross right over left, recover, chase right
5 6 7&8 cross left over right, recover, chasse left with 1/4 turn left

Section 3: Right Toe Fwd, Hold, Switch, Left Toe Fwd, Switch, Right Toe Fwd, Switch, Rock Fwd, Recover, Shuffle Back

1 2&3&4& right toe forward hold, close, left toe forward, close, right toe forward, close
5 6 7&8 rock forward on left, recover, shuffle back

Section 4: Reverse 1/2 Turn, 1/4 Pivot, Cross, Side, Weave

1 2 3 4 right toe back, reverse 1/2 turn right, step forward on left, 1/4 pivot right transferring weight to right
5 6 7&8 cross left over right, right to right, weave behind, side, cross in front

**** (during wall 3 & wall 5 add tag 2 and restart)**

Section 5: Rock Right, Recover, Cross Shuffle, Rock Left To Left, Recover, Rock Left To Left, Recover

1 2 3&4 rock right to right, recover onto left, cross shuffle
5 6 7 8 rock left to left, recover, rock left to left, recover

Section 6: Cross, Side, Heel Jack, Close, Cross, Side, Heel Jack, Close

1 2 3&4& cross left over right, right to right, step back on left, close right to left, extend left heel diagonally fwd, close
5 6 7&8& cross right over left, left to left, step back on right, close, extend right heel diagonally fwd, close

Section 7: Cross, Hold, Ball, Cross, Side, Cross, Recover, 1/4 Turning Chasse Left

1 2&3 4 cross left over right, hold, small step to right on ball of foot, cross over left, step right to right
5 6 7&8 cross left over right, recover on right, chasse with 1/4 turn left

Section 8: Rock Fwd, Recover, Rock Back Looking Back Over Right Shoulder, Recover, Rock Fwd, 1/2 Turn Right, Walk Fwd On Left

1 2 3 4 rock forward on right, recover on left, rock back on right turning foot out and looking back over right shoulder , recover to original position
5 6 7 8 rock forward on right, recover on left, turn 1/2 right stepping forward on right,
Walk forward on left

(Option for 7 - 8 : turn 1/2 right stepping forward on right pivoting full turn right on right foot and step forward on left)

Tag 1 : End of wall 2 (facing 6 o'clock) & wall 4 (facing 9 o'clock)

Rocking chair :

Rock fwd on right, recover, rock back on right, recover

****Tag 2: During wall 3 & wall 5**

Dance 32 counts then add : rock right to right, recover, rock right to right, recover.

Restart from the beginning of the dance (you will be facing 12 o'clock during wall 3 and you will be facing 3 o'clock during wall 5)

Ending : dance first 2 steps - walk, walk, large step right to right, hold with arms out to the sides.
