

Ain't Giving Up

COPPER KNOB
BY STEPHEN

拍數: 48 牆數: 2 級數: Intermediate / Advanced
編舞者: Neville Fitzgerald (UK) & Julie Harris (UK) - August 2012
音樂: Time for Miracles - Adam Lambert : (Single - iTunes)



Starts After 8 Counts (once beat kicks in.. 17 seconds)

Side, Behind & Cross/Sweep, Step, Rock Step, Back, Coaster Step.

1 Step Left to Left side.
2&3 Cross step Right behind Left, step Left to Left side, cross step Right over Left (sweep Left out)
4&5 Step forward on Left, rock forward on Right, recover on Left.
6 Step back on Right.
7&8 Step back on Left, step Right next to Left, step forward on Left.

1/2, 1/4, 1/8 Rock & Sweep Full Turn, Left Lock Step, Step, Mambo Step.

&1 Make 1/2 turn to Left stepping back on Right, 1/4 turn Left stepping Left to Left side. (3:00)
2&3 *1/8 turn to Left rocking forward on Right, recover on Left, make 1/2 turn Right stepping forward on Right sweeping Left out as you make another 1/2 turn on the ball of Right foot to complete a full turn to the Right with sweep. (1:30)
4&5 Step forward on Left, lock Right behind, step forward on Left. (1:30)
6 Step forward on Right.
7&8 Rock forward on Left, recover on Right, step back on Left.

Back 1/2, Step, 1/2, 1/2, Mambo Step, Back, 1/8 & Rock & Side

&1 Step back on Right, make 1/2 turn to Left stepping forward Left. (7:30)
2&3 Step forward on Right, make 1/2 turn to Right stepping back on Left, 1/2 turn to Right stepping forward on Right. (7:30)
4&5 Rock forward on Left, recover on Right, step back on Left.
6&7 Step back on Right, make 1/8 turn to Left stepping Left to Left side, cross rock Right over Left. (6:00)
&8 Recover on Left, step Right to Right side.

Cross, Side, Sailor 1/2 Cross, Full Turn, Step, Step 1/2 Step, Step 1/2 Step.

&1 Cross step Left over Right, step Right to Right side.
2&3 Make 1/4 turn to Left cross stepping Left behind Right, step Right next to Left, 1/4 turn Left cross stepping Left over Right. (12:00)
4-5 Unwind full turn to Right, step forward on Right. (12:00)
6&7 Step forward on Left, pivot 1/2 turn to Right, step forward on Left.
&8& Step forward on Right, pivot 1/2 turn to Left, step forward on Right. (12:00)

Spiral 3/4, Rock & Cross, 1/4, 1/2, Side, Back Rock, 1/4, 1/2, Step.

1 Step forward on Left as you make 3/4 turn to Right on ball of Left (spiral) (9:00)
2&3 Rock Right to Right side, recover on Left, cross step Right over Left.
4&5 Make 1/4 turn to Right stepping back on Left, 1/2 turn Right stepping forward on Right, step Left to Left side.
6&7 Cross rock Right behind Left, recover on Left, make 1/4 turn to Left stepping back on Right.
&8 *1/2 turn to Left stepping forward on Left, step forward on Right.

1/2, Step, Rock & Cross, Back, Side, Rock, Recover, 1/4, 1/2, 1/2, (Side).

&1 Pivot 1/2 turn to Left, step forward on Right.
2&3 Rock Left to Left side, recover on Right, cross step Left over Right.
4&5 Step back on Right, step Left to Left side, cross rock Right over Left.

6-7 Recover on Left, make 1/4 turn to Right stepping forward on Right.
8&(1) 1/2 turn to Right stepping back on Left, 1/2 turn to Right stepping forward Right, (step Left to Left side).

R* Restart 1.. Wall 2

Dance Up To & Including Count 5 Section 5... Then Change Steps To..

6&7 Cross rock Right behind Left, recover on Left, step Right to Right side.

8& Cross rock Left behind Right, recover on Right.. (12:00)

Then Restart Dance From Beginning.

R Restart 2.. Wall 3**

Dance Up To & Including Count 6 Section 2... Then Change Steps To..

7&8& Rock forward on Left, recover on Right, make 1/8 turn Left stepping Left to Left side, cross step Right over Left. (12:00)

Then Restart Dance From Beginning.

R* Restart 3.. Wall 6**

Dance Up To & Including Count 3 Section 5... Then Make 1/4 Swivel Turn To Left On Count 4 Keeping Weight On Right.. (6:00)

Then Restart Dance From Beginning.
