

Nowhere Fast

COPPER KNOB
BY STEPHEN METZ

拍數: 32 牆數: 4 級數: Improver
編舞者: Alison Metelnick (UK) & Peter Metelnick (UK) - November 2012
音樂: Nowhere Fast - Aaron Watson : (Album: Real Good Time)



Start after 16 count intro on verse vocals [83 bpm – 3mins 02secs]

[1-8] R wizard step, L fwd step touch R, walk back x 2, R coaster cross

1-2& On R diagonal step R forward, lock L behind R, step R forward
3-4 Squaring to front wall step L forward, touch R next to L
5-6 Step R back, step L back
7&8 Step R back, step L together, cross step R over L

[9-16] L chasse, R rock/recover, R side hold step L tog, R side rock/recover

1&2 Step L side, step R together, step L side
3-4 Rock R back, recover weight on L
5-6& Step R side, hold, step L together
7-8 Rock R side, recover weight on L

[17-24] Weave L x 2, R sailor heel, R back, cross L over R turning ¼ R step R fwd, ¼ R step L side L, cross R behind L

1-2 Cross step R over L, step L side
3&4 Cross step R behind L, step L side, touch R heel forward
&5-6 Step R back, cross step L over R, turning ¼ step R forward (3 o'clock)
7-8 Turning ¼ R step L to L side, cross step R behind L (6 o'clock)

[25-32] Step L side L, cross touch R heel over L, touch R heel side R, R back ball cross, R side R touch L tog, ¼ L chasse

1-3 Step L side, cross touch R heel in front of L, touch R heel side on right diagonal
&4 Step R back, cross step L over R
5-6 Step R side, touch L together
7&8 Step L to L side, step R next to L, turn ¼ L step L forward (3 o'clock)

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