

Anything Goes

COPPER KNOB
BY STEPHEN HETS

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Alison Metelnick (UK) & Peter Metelnick (UK) - December 2012
音樂: Anything Goes - Randy Houser : (iTunes)



Start after quick 4 count intro Note: 1st 2 sections of the dance will take you to all 4 corners of the room

[1-9] L side, diagonal fwd R rock/recover, R side, diagonal fwd L rock & recover, 3/8 L turn, R sweep to back L diagonal, run fwd R, L, R, L fwd mambo

- 1 Step L side (looking to L diagonal) (11 o'clock)
- 2&3 On diagonal rock R forward, recover weight on L, step R side (looking to R diagonal) (1 o'clock)
- 4&5 On diagonal rock L forward, recover weight on R, turning left step L forward towards left wall (9 o'clock) & sweeping R from back to front keep turning to face the L back diagonal (5 o'clock)
- 6&7 On diagonal run forward R, L, R
- 8&1 Rock L forward, recover weight on R, step L back (5 o'clock)

[10-16&] R sweeping sailor ending towards R diagonal, diagonal fwd L rock/recover, 3/8 L turn to square to R wall, ¼ L to a R scissor cross, L scissor cross

- &2&3 Sweeping R from front to back, step R back, step L side, turning toward R diagonal step R forward (7 o'clock)
- 4&5 On diagonal rock L forward, recover weight on R, turning 3/8 left (a little extra to square to right side wall) step L forward (3 o'clock)
- 6&7 Turning ¼ left step R side, step L together, cross step R over L (12 o'clock)
- &8& Step L side, step R together, cross step L over R

[17-25] R NC basic, 1 & ¼ L turn, L fwd rock/recover, L & R back step sweeps, L coaster cross

- 1-2& Step R side, rock L back, recover weight on R

WALL 5 RESTART: During wall 5 which starts facing front wall dance the first 18& steps and facing front wall begin the dance again.

- 3&4& Turning ¼ left step L fwd, turning ½ left step R back, turning ½ left step L fwd, step R fwd (9 o'clock)

Non-turning 3&4&: turning ¼ left step fwd L, R, L, R

- 5& Rock L forward, recover weight on R
- 6& Step L back, sweep R front to back
- 7& Step R back, sweep L front to back
- 8&1 Step L back, step R together, cross step L over R (9 o'clock)

[26-32& R side, ¼ L pivot turn, R cross step, L fwd box, L side, R together

- 2&3 Step R side, pivot ¼ left, cross step R over L (6 o'clock)
- 4&5 Step L side, step R together, step L forward
- 6&7 Step R side, step L together, step R back
- 8& Step L side, step R together

Alternative for counts 8& above: Execute a full left turn and start dance again

Ending: On wall 7 which starts facing back wall, after the first 7 counts the music stops.

Continue dancing through the break in the music and as you execute the R & L scissor steps slow the steps down with the music.

After the scissor steps add the following to bring yourself to front wall: Cross R over L, unwind ½ left to face front.

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