

Come Into My World

COPPERKNOB
BY STEPHEN

拍數: 48 牆數: 4 級數: Intermediate - WCS motion
編舞者: Sebastiaan Holtland (NL) - June 2013
音樂: Compass or Map - Robin Thicke : (Short Version - iTunes)



Start dancing at (05 sec) at the vocals`

Sec 1: [1-8] Press Step Fwd, Recover (Stretch R Leg), Sailor Step ¼ L, Step, ½ L, Big Step Back, Drag, Hold, Heel Twist L.

- 1-2 Step Rt slightly forward, lift R heel off the floor as you pop R knee forward.
3&4 Step Rt behind Lt, turn ¼ left (9) step Lt to the left, step Rt slightly forward.
5-6-7 Step Lt forward, turn ½ left (3) step Rt big back (push your behind back) drag on Lt, Hold.
&8 Twist both heels forward, twist both heels back in place weight onto Rt. (3:00)

Sec 2: [9-16] Step, ¼ L, Side, L Anchor Step, Cross, Side, ¼ R, & Back, Dip, Hold, Replace.

- 1-2 Step Lt forward, turn ¼ left (12) step Rt to the right.
3&4 Locked Lt behind Rt take weight onto Lt, recover on Rt, recover on Lt.
5-6 Cross Rt over Lf, step Lt to the left.
&7-8& Turn ¼ right (3) step Rt back, keeping weight on Rt and Lt touched dip body down, Hold, step Lt back in place (coming up).

Sec 3: [17-24] Step, ¼ R, Side, Sailor Heel, ¼ L, & Cross, Hold, & Cross & Cross.

- 1-2 Step Rt forward, turn ¼ left (6) step Lt to the left.
3&4 Step Rt behind Lt, step Lt to the left, kick Rt forward.
&5-6 Turn ¼ left (3) step Rt back in place, cross Lt over Rt, Hold.
&7&8 Step Rt slightly to the right, cross Lt over Rt, step Rt slightly to the right, cross Lt over Rt.

Restart here WALL 2 after 24 count (facing 3 o'clock) after start again (facing 6 o'clock).

Sec 4: [25-32] Press Step Fwd, Sweep R, Sailor Cross, Side, Heel Bounce, Heel Twist L, Side.

- 1-2 Press Rt forward, recover on Lt and sweep Rt from front to back.
3&4 Step Rt behind Lt, step Lt to the left, cross Rt over Lt.
5&6 Step Lt to the left, raise both heels, drop both heels.
7&8 Twist both L heels to the left, twist both feet back in place, step Lt to the left.

Sec 5: [33-40] R Anchor Step, ¼ L, L Anchor Step, Press Step Fwd, Sweep, Heel & Toe Swivel R, R Knee Lift.

- 1&2 Locked Rt behind Lt take weight onto Rt, recover on Lt, recover on Rt.
3&4 Turn ¼ left (12) locked Lt behind Rt take weight onto Lt, recover on Rt, recover on Lt.
5-6 Press Rt forward, recover on Lt and sweep Rt from front to back.
7&8 Swivel R heel left, swivel R to left, lift R knee up.

Sec 6: [41-48] Rock, Recover, ¼ R, Side, Lock Step Back, Rolling Knee Walks Fwd R-L, Syncopated Hip Bumps Fwd.

- 1&2 Rock Rt forward, recover on Lt, turn ¼ right (3) step Rt to the right.
3&4 Step Lt back, lock Rt forward Lt, step Lt back.
5-6 Walk Rt slightly forward and roll R knee CW forward step Rt back in place, Walk Lt slightly forward and roll L knee CW forward step Lt back in place weight onto Lt.
7&8& Point Rt forward push hip forward, replace, push hip forward, replace weight onto Lt.

Start again and have fun!

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