

Pride In Me

COPPER KNOB
BY STEPHEN MITCHELL

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Kate Sala (UK) & Craig Bennett (UK) - July 2013
音樂: Pride - Leanne Mitchell



Intro: Start after 16 counts.

Walk Forward x2, Mambo Step, Walk Back x2, Sailor 1/4 Turn Left With Cross Step.

1-2 Walk forward on R, L.
3&4 Rock forward on R. Recover on to L. Step back on R.
5-6 Walk back on L, R.
7&8 Cross step L behind R. Turn 1/4 left stepping small step right, Cross step L over R. 9 o'clock

Side Rock, Recover. Sailor Step 3/4 Turn Right, Step Pivot 1/2 Turn Right, Heel Switches x2.

1-2 Side Rock out to right side on R. Recover on to L.
3&4 Cross step R behind L making 1/4 turn right. Turn 1/4 right stepping L in place. Turn 1/4 right stepping forward on R.
5-6 Step forward on L. Pivot 1/2 turn right. 12 o'clock
7&8 Dig L heel forward. Step L next to R. Dig R heel forward.

Ball Cross, Side Switches Right & Left, Kick Forward & Rock, Recover, Coaster Step.

&1 Step down on ball of R. Cross step L over R.
2&3 Point R out to right side. Step R next to L. Point L out to L side.
4& Kick L foot forward. Step down on L.
5-6 Rock forward on R. Recover on to L.
7&8 Step back on R. Step L next to R. Step forward on R.

Step, Swivel 1/2 Turn Right, Swivel 1/2 Turn Left, Turn 1/4 Left Stepping Right, Left & Right Sailor Step.

1-2 Step forward on L. Swivel heels left making 1/2 turn right.
3-4 Swivel heels right making 1/2 turn left,(Weight on L). Turn 1/4 left stepping R to right side. 9 o'clock
5&6 Cross step L behind R. Small step R to right side. Step L in place.
7&8 Cross step R behind L. Small step L to left side. Step R in place.

Hold, Step Together, Chasse Right, Together, Cross, Turn 1/2 Right, Chasse Right.

1& Hold for 1 count, Step L next to R.
2&3 Step R to right side. Step L next to R. Step R to right side.
4 Step L next to R.

***Restart on Wall 2**

5-6 Cross step R over L. Turn 1/4 right stepping back on L.
7&8 Turn 1/4 right stepping R to right side. Step L next to R. Step R to right side.

Cross Rock, Recover, Step Left, Drag, Ball Cross, Turn 1/4 Left Stepping Back On R, L. Turn 1/4 Right & Side Touch, Turn 1/4 Left Stepping In Place.

1&2 Cross rock on L over R. Recover on to R. Long step L to left side.
3&4 Drag R in towards L. Step down on ball of R. Cross step L over R.
5-6 Turn 1/4 left stepping back on R. Step back on L.
&7-8 Turn 1/4 right stepping R in place. Touch L toe out to left side. Turn 1/4 left stepping forward on L.

Step, Pivot 1/2 Turn, Cross Mambo In Front, Cross Mambo Behind, Cross Step, Unwind 1/2 Turn Left.

1-2 Step forward on R. Pivot 1/2 turn left.
3&4 Cross rock on R over L. Recover on to L. Step R to right side.

5&6 Cross rock on L behind R. Recover on to R. Step L to left side.
7-8 Cross step R over L. Unwind 1/2 turn left. 12 o'clock

Step, Turn 1/2 Right, Coaster Step, Step, Turn 1/2 Left, Shuffle 1/2 Turn Left.

1-2 Step forward on R. Turn 1/2 right stepping back on L.
3&4 Step back on R. Step L next to R. Step forward on R. 6 o'clock
5-6 Step forward on L. Turn 1/2 left stepping back on R.
7&8 Shuffle 1/2 turn left stepping on L, R, L. 6 o'clock

Start Again. Enjoy!

***Restart: after 36 counts during Wall 2, facing 3 o'clock wall. Restart from the beginning of the dance.**
