

Shelter

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: Intermediate / Advanced
編舞者: Klara Wallman (SWE) - July 2013
音樂: Shelter - Birdy



Start on vocals.

Spiral turn, Mambo step, Sweep, Behind, Side, Cross.

1-2-3 Step L forward (1), Turn a full spiral turn R on L (2), Step R forward (3).
4&5 Rock L forward (4), Recover onto R (&), Step L back (5).
6 Step R back as you sweep L from front to back (6).
7&8 Step L behind R (7), Step R to R side (&), Cross L over R (8).

Lunge, ½ turn R, Side, Cross, ¼, ½, ¼ basic, ¼, Back, Back.

1-2 Lunge R to R side (1), Recover onto L as you turn ½ R.
&3 Step R to R side (&), Cross L over R (3).
4&5 Turn ¼ L step R back (4), Turn ½ L step L forward (&) Turn ¼ L as you take a big step with R to R side. (First step in a Nightclub Basic)
6&7 Rock L behind R (6), Recover onto R (&), Turn ¼ R step L back (7).
8& Step R back (8), Step L back (&).

Restart here at wall 3 and 7

¼ turn R, Cross, Full Unwind with Sweep, Behind, Side, Diagonal forward, Mambo step, Back.

1-2-3 Turn ¼ R step R forward (1), Cross L over R (2), Make a full unwind R and in the end of the turn sweep R from front to back (3).
4&5 Step R behind L (4), Step L to L side (&), Step R forward on L diagonal (5).
6&7 Rock L forward on L diagonal (6), Recover onto R (&), Step L back on L diagonal (7).
8 Step R back on L diagonal.

½ turn L, ½ + ? turn L, Cross, Rockstep, Cross, ¼ turn L, ½ turn L, Stepturn.

1 Turn ½ L step L forward. (Still on diagonal)
2-3 Turn ½ + ? on ball of L (Styling: bring right foot to the inside of left knee) (2), Cross R over L (3) (9.00).
4&5 Rock L to L side (4), Recover onto R (&), Cross L over R (5).
6-7 Turn ¼ L step R back (6), Turn ½ L step L forward (7).
8 Step R forward and turn ½ L with weight still back on R as you prep for a full spiral turn over R shoulder.

Start again!

Tag 1: After wall 1 (6.00).

Do the first 3 counts of the dance (spiral turn). Start the dance again with another full spiral turn.

Restart at wall 3 and 7.

Dance the first 14 counts of the dance. Leave out the 2 last count in the second 8 and instead make a Sway to L (15), Sway to R (16) (6.00) Start the dance again.

Tag 2 & 3: After wall 4 (12.00) and 5 (6.00).

Spiral turn, Run, Run.

1-2-3 Step L forward (1), Turn a full spiralturn R on L (2), Step R forward (3).
4& Step L forward (4), Step R forward (&).

Start the dance again.

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