

Little Black Dress On

COPPER KNOB
BY STEPHEN

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Michele Burton (USA) - September 2013
音樂: Little Black Dress - Sara Bareilles : (CD: The Blessed Unrest - iTunes)



Count in: 2 piano notes, 8 beats apart with silence in between.
Start on the word 'O-K'. Easy - once you listen to the tempo a few times.

[1 – 8] SIDE BEHIND SIDE ROCK RECOVER BACK ~ ¼ ¼ ~ & ROCK RECOVER

- 1 – 2 Step R to right; Step L behind R;
& 3-4 Step ball of R to right, turning body to right diagonal; Recover wt. to L (hips angled to right diagonal); Step R behind L
5 – 6 Turn ¼ L, stepping L forward; Turn ¼ L, stepping R to right
& 7-8 Step L beside R; Step ball of R to right; Recover wt. to L [6:00]

[9 – 16] POINT FORWARD SIDE ~ HITCH BALL CHANGE ~ WALK RIGHT (1/2 way around) IN SHAPE OF A HOOK

- 1 – 2 Point R in front of L; Point R to right
3 & 4 Hitch R; Step R ball back; Recover weight to L
5 – 8 Step R forward, 8:00; Step L toward right diagonal, 9:00; Step R toward right continuing arc to 11:00; Step L forward, 12:00, prepping for full turn left cts. 5 - 8 should be in a small hooked shape, , with ct. 8 as a prep for full turn left 12:00

[17-24] FULL TURN ~ STEP TAP ~ BACK TAP ~ KICK BALL CROSS

- 1 – 2 Turn ½ left, stepping R back; Turn ½ left, stepping L forward (easy option: two walks R,L)
3 – 4 Step R forward; Tap L behind R heel
5 – 6 Step L back; Tap R near L toe
7 & 8 Kick R to right diagonal; Step ball of R back; Cross L in front of R; (easy option: Step R to right; Step L behind R) 12:00

[25 – 32] 1/4 1/4 ~ SAILOR 1/4 CROSS ~ STEP SIDE POINT ~ STEP SIDE POINT

- 1 – 2 Turn ¼ right, stepping R forward; Turn ¼ right, stepping L to left
3 & 4 Step ball of R behind L; Turn ¼ R, stepping L to left; Cross R over L
5 – 6 Step L to left (with slight knee dip & hip sway left; Point R to right diagonal
7 – 8 Step R in place with slight knee dip & hip sway right; Point L to left diagonal (cts 5 – 8 – groove, using your own style) 9:00

[33-40] SIDE BACK ROCK ~ TRIPLE FORWARD ~ ROCK ½ TURN

- 1 – 3 Step L to left; Step ball of right behind L; Step L forward
4 & 5 Step R forward; Step L beside R; Step R forward
6 – 8 Rock L forward; Return to R, turning ½ left on ball of R; Step L slightly forward 3:00

[41 - 48] STEP HOLD ~ & STEP POINT ~ ¼ LEFT ½ LEFT ~ ¼ CHASSE LEFT

- 1 – 2 Step R to right; Hold
& 3-4 Step L beside R; Step R to right; Point L to left
5 – 6 Turn ¼ left, stepping L forward; Turn ½ left, stepping R back
7 & 8 Turn ¼ left, stepping L to left; Step R beside L; Step L to left 3:00

[49 - 56] ¼ TURNING JAZZ BOX ~ ¼ TURNING JAZZ BOX

- 1 – 4 Cross R over L; Step L to back left diagonal; Turn ¼ right, stepping L to right; Step L forward 6:00
5 – 8 Cross R over L; Step L to back left diagonal; Turn ¼ right, stepping L to right; Step L forward 9:00

[57-64] SYNCOPATED LOCK STEPS ~ ½ PIVOT ~ ½ PIVOT

- 1 – 2& Step R to forward right diagonal; Lock L behind R; Step R to right diagonal
3 – 4& Step L to forward left diagonal; Lock R behind L; Step L to left diagonal
5 – 6 Step R forward; Turn ½ left, taking weight to left
7 – 8 Step R forward; Turn ½ left, taking weight to left (easy no turn option for cts. 5 – 8: rocking chair) 9:00

BEGIN AGAIN

Restart: 2nd wall after 16 cts (you'll be facing 9:00)

Restart: 3rd wall after 40 cts (you'll be facing 12:00)

End: You'll be facing 6:00 after doing the 1st set of 8 (beginning of 8th wall). Cross R over L & unwind ½ left to face front – on the piano key beat.

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