

Nirvana

COPPER KNOB
STEPSHEETS

拍數: 96 牆數: 2 級數: Intermediate waltz
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音樂: Nirvana - Adam Lambert



Intro: 9 counts from 1`st beat (appr. 4 seconds) - Start with weight on R foot

#1 section: Figure 4 ½ turn L, coaster back, X 2

1-2-3 Step fw. on L while R foot goes to L shin, turn ½ L on L foot 6:00
4-5-6 Step back on R, step L next to R, step fw. on R 6:00
7-8-9 Step fw. on L while R foot goes to L shin, turn ½ L on L foot 12:00
10-11-12 Step back on R, step L next to R, step fw. on R* (restart on wall 2 & 5) 12:00

#2 section: 2 X twinkle, 2 X step fw. sweep

1-2-3 Cross L over R, step R to R diagonal, step L to L diagonal 12:00
4-5-6 Cross R over L, step L to L diagonal, step R to R diagonal 12:00
7-8-9 Step fw. on L while sweeping R around from back to front over 2 counts 12:00
10-11-12 Step fw. on R while sweeping L around from back to front over 2 counts 12:00

#3 section: 2 X cross side rock, 2 X sailor

1-2-3 Cross L over R, rock R to R side, recover on L 12:00
4-5-6 Cross R over L, rock L to L side, recover on R 12:00
7-8-9 Cross L behind R, step R to R side, step L to L side 12:00
10-11-12 Cross R behind L, step L to L side, step R to R side 12:00

#4 section: Step sweep ½ turn, cross rock side, step sweep ¼ turn, cross sway sway

1-2-3 Step fw. on L while sweeping R ½ turn L 6:00
4-5-6 Cross R over L, recover on L, step R to R side 6:00
7-8-9 Step fw. on L while sweeping R ¼ turn L 3:00
10-11-12 Cross R over L, sway L to L side, sway R to R side 3:00

#5 section: 2 X back sweep, back rock step fw. step turn step

1-2-3 Step back on L while sweeping R around from front to Back over 2 counts 3:00
4-5-6 Step back on R while sweeping L around from front to back over 2 counts 3:00
7-8-9 Rock back on L, recover on R, step fw. on L 3:00
10-11-12 Step fw. on R, make ½ turn L stepping fw. on L, step fw. on R 9:00

#6 section: Step fw. with press, 3 X run back, back point, sailor ½ turn cross

1-2-3 Step fw. on L while slightly bending L knee 9:00
4-5-6 Run back R, run back L run back R 9:00
7-8-9 Step back on L, point R back diagonal 9:00
10-11-12 Sweep/cross R behind L, ½ turn R stepping L to L side, cross R over L 3:00

#7 section: Step fw. point, behind side cross, point, cross 2 X ¼ turn

1-2-3 Step fw. on L, point R fw. diagonal 3:00
4-5-6 Step R behind L, step L to L side, cross R over L 3:00
7-8-9 Point L fw diagonal 3:00
10-11-12 Cross L over R, make ¼ turn L stepping back on R, make ¼ turn L stepping L to L side 9:00

#8 section: Point, step ¼ sweep ½ turn, basic fw. basic back

1-2-3 Point R to R side 9:00
4-5-6 Make ¼ turn R stepping fw. on R while sweeping L ½ turn R 6:00

7-8-9 Step fw. on L, close R next To L. change weight to L 6:00
10-11-12 Step back on R, close L next to R, change weight to R 6:00

2 Restarts:-

1'st restart on wall 2 on wall 2 after 12 counts

2'nd restart on wall 5 after 12 counts *