

# 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 \***