

More Foxtrot

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Easy Intermediate
編舞者: Mayee Lee (MY) - October 2013
音樂: More (Slow Fox / 28 BPM) - The Dancelife Orchestra



Intro: Start after 32 counts or start at 0.17 seconds - No Tag No Restart !!!

(Special dedicated to Mr. Edward Salazar for sharing this lovely foxtrot music with me....Thank you)

Section 1: L Side, Hold, Back Rock R, Recover L, Reverse Rolling Vine To R, Cross L

1 – 4 Step L to L(1), hold(2), rock R back(3), recover on L(4) [12.00]
5 – 8 ¼ turn L step R back(5)(9.00), ½ turn L step L forward(6)(3.00), ¼ turn L step R to
R(7)(12.00), cross L over R(8) [12.00]

(Easy steps : step R to R(5), L behind(6), step R to R(7), cross L over R(8))

Section 2: R Side, Hold, Sway L R, L Side, Cross R, L Side, Hold

1 – 4 Step R to R(1), hold(2), sway to L(3), sway to R(4) [12.00]
5 – 8 Step L to L(5), cross R over L(6), step L to L(7), hold(8) [12.00]

Section 3: Touch R Behind L, Unwind ¾ Turn R, R Forward, Kick L, L Back, Kick R, Cross R, L Back

1 – 4 Touch R behind R(1), unwind ¾ turn R & weight on L(2)(9.00), step R forward(3), kick L to
diagonally L(4) [9.00]
5 – 8 Step L back(5), kick R to diagonally R(6), cross R over L(7), step L back(8) [9.00]

Section 4: ¼ Turn R, Drag, Swivel, 1 ¼ Turn L, Forward

1 – 4 ¼ turn R step R to R(1)(12.00), drag & Step L together with R(2), swivel heels to R & L(3-4)
12.00
5 – 8 ¼ turn L step L forward(5)(9.00), ½ turn L step R back(6)(3.00), ½ turn L step L forward(7)
(9.00), step R forward(8) [9.00]

(Easy steps : ¼ turn L & L forward shuffle(5-7), step R forward(8))

Ending: wall 8 (3.00), dance 8 counts, ¼ turn L step R back & pose

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