

Gentle Through Your Life

COPPERKNOB
BY STEPHEN

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Ines Maaß (DE) - December 2013
音樂: Go Gentle - Robbie Williams



Intro 32 Counts

Walk Forward R/L, Anchor Step, Walk Back L/R, Anchor Step

1 – 2 two steps forward R/L,
3 & 4 step RF behind LF (3rd FP), shift weight on LF, shift weight on RF,
5 – 6 two steps back L/R,
7 & 8 step LF behind RF (3rd FP), shift weight on RF, shift weight on LF,

Rock Back, Kick Ball Change, Point Hold, Cross Unwind ½ Turn L

1 – 2 step RF back, recover weight on LF,
3 & 4 kick RF forward, step right ball next to LF, step LF on place,
5 – 6 point right toes to right side, hold,
7 – 8 cross RF over LF, unwind ½ turn left (keep weight on RF),

Chassé L, Rock Back, Kick Ball Cross, Toe Strut to Side

1 & 2 step LF to left, step RF together, step LF to left,
3 – 4 step RF back, recover weight on LF,
5 & 6 kick RF forward, step right ball next to LF, cross LF over RF,
7 – 8 touch right toes to right side, step down on RF,

Toe Strut Across, Side Rock, Cross Shuffle, ¼ Turn R 2 x

1 – 2 touch left toes across RF, step down on LF,
3 – 4 step RF to right, recover weight on LF,
5 & 6 cross RF over LF, step LF towards RF, cross RF over LF,
7 – 8 ¼ turn right stepping back on LF, ¼ turn right stepping forward on RF,
(Restart during wall 4 – Touch RF next LF, only ¼ turn),

Shuffle Forward, Step ½ Turn L, Shuffle Forward, Step ¼ Turn R

1 & 2 step LF forward, step RF towards LF, step LF forward,
3 – 4 step RF forward, ½ turn left and shift weight on LF,
5 & 6 step RF forward, step LF towards RF, step RF forward,
7 – 8 step LF forward, ¼ turn right and shift weight on RF,

Reverse Monterey ½ Turn L, Elvis Knees L/R with Hold

1 – 4 point left toes to left side, ½ turn left on ball of RF stepping LF together, point right toes to right side, step RF next to LF,
5 – 6 lift left heel turning left knee to right, hold,
7 – 8 shift weight on LF and lift right heel turning right knee to left, hold,

Chassé R, Rock Back, Triple ½ Turn R, Rock Back

1 & 2 step RF to right, step LF together, step RF to right,
3 – 4 step LF back, recover weight on RF,
5 & 6 ¼ turn right stepping LF to left, step RF together, ¼ turn right stepping LF to left,
7 – 8 step RF back, recover weight on LF,

Toe Struts Forward R/L, Monterey ½ Turn R

1 – 2 touch right toes forward, step down on RF,
3 – 4 touch left toes forward, step down on LF,

5 – 8 point right toes to right side, ½ turn right on ball of LF stepping RF together, point left toes to left side, step LF next to RF.

Start again.

Restart : Dance wall 4 until Count 31 (4th sequence) and replace count 32 with Touch RF next to LF. Start the dance from the beginning on 6 o’Clock.

Ending: The dance will end within the 5th sequence dancing Shuffle Forward, Step ½ Turn L on 12 o’Clock.

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