

Collarbone

COPPERKNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Improver / Intermediate
編舞者: Kerry Maus (USA) & Sara Young - February 2014
音樂: Collarbone - Fujiya & Miyagi : (Album: Transparent Things)



* FIRST PLACE WINNER in Choreography competition at the 2013 FT. WAYNE DANCE FOR ALL *

(Start the dance 32 counts in with the hard down beat.) No Restarts.

Counts 1-4 (Four ¼ Turns making a diamond shape on the floor.

Fluid full turn stepping around at each 45° angle) end up facing home wall.

- 1 Step R foot forward, ¼ turn L, sweeping L foot beside R and into next step.
- 2 Step L foot 45° backwards, ¼ turn L, sweeping R foot beside L into next step.
- 3 Step R foot 45° forward, ¼ turn L sweeping L beside R and into next step.
- 4 Step L foot out 45° backwards, ¼ turn to the L touch R foot beside L.

Counts 5-8 Step Out-Out, Step In-In

- & Step R side R - Out,
- 5 Step L side L- Out,
- 6 Step R back home- In, to front center
- 7 Cross L foot over R stepping forward
- 8 Cross R foot over L stepping forward

Counts 9-12 Heel Crosses with 45° Slide forward

- 9 Weight on the R foot, L heel touch out to 45° angle
- 10 Cross L over R keeping weight on R
- 11 Step weight on to L foot at a 45° angle
- 12 Slide R foot to meet L;

Counts 13-16 Heel Crosses with 45° Slide forward

- 13 Weight on the L foot, R heel touch out to 45° angle
- 14 Cross R over L keeping weight on L
- 15 Step weight on to R foot at a 45° angle
- 16 Slide L foot to meet R

Counts 17-20 Heel Jacks 1/4 turn Left □

- 17 Step L foot to L side (&), Cross R over L (1),
- 18 Step L to L side(&), touch R heel forward (2)
- 19 step R foot to R side (&), cross L over R (3) while turning 1/4 to L.
- 20 Step R to R side(&) Left Heel forward(4)

Counts 21-24 Rolling grapevine

- 21 Step L foot 1/4 turn L
- 22 Step R foot 1/4 turn L
- 23 Step L foot 1/2 turn L,
- 24 Tap R foot next to L keeping weight on L foot

Counts 25-28 Hip sway

- 25 Step R to R side
- 26 Sway into side body roll with hips to the R
- 27 Step L to L side
- 28 Sway into side body roll with hips to the L

Counts 29-32 Hip bumps

- 29 Hip bump R,
- 30 Hip bump L,
- 31 Hip bump R,
- 32 Hip bump L (weight to L)

REPEAT

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