

Be My Nightingale

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 2 級數: Intermediate
編舞者: Brenna Stith (USA) - February 2014
音樂: Nightingale - Demi Lovato



8 count intro

WALK X3, ROCK RECOVER, STEP, COASTER CROSS, SIDE ROCK RECOVER

- 1 2 3 Walk forward right, left, right crossing a little over each time(12:00)
- 4 & 5 Rock forward on left, recover on right, long step back on left(12:00)
- 6 & 7 Step back on right, step left next to right, cross right over left(12:00)
- 8 & Rock left to side, recover right(12:00)

CROSS W/SWEEP, CROSS ROCK, RECOVER W/SWEEP, BEHIND, ¼ TURN, STEP, STEP, PIVOT ½ TURN, FULL TURN, ½ TURN W/SWEEP

- 1 2 3 Cross left over right as you sweep right forward, cross rock right over left, recover weight to left as you sweep right behind(12:00)
- 4 & 5 Step right behind left, make a ¼ turn left stepping left forward, step forward right(9:00)
- 6 7 & Step left foot forward, step right foot forward, make a ½ turn left placing weight on left foot(3:00)
- 8 & 1 Make a ½ turn left stepping back on right, make a ½ turn left stepping forward on left, make a ½ turn left stepping back on right while sweeping left foot back(9:00)

SWEEP, STEP, ½ TURN, STEP, BACK BASICS X2

- 2 3 & 4 Step back on left foot while sweeping right foot back, step back on right(9:00), make a ½ turn left stepping forward on left, step forward on right(3:00)
- 5 6 & Step left foot to left side and slightly backward, rock right foot back and behind left, recover weight onto left foot(3:00)
- 7 8 & Step right foot to right side and slightly back, rock left foot back and behind right, recover weight onto right foot(3:00)

SWAY X2, BASIC, ¼ TURN, CHASE TURN, STEP, CHASE TURN

- 1 2 Sway left then right(3:00)
- 3 4 & Step left foot to left side, rock right foot back and behind left foot, recover weight onto left foot(3:00)
- 5 6 & Make a ¼ turn right stepping forward on right(6:00), step forward on left, pivot ½ turn right with weight on right,(12:00)
- 7 8 & Step forward on left, step forward on right(12:00), pivot ½ turn right with weight on left(6:00)

ROCK RECOVER, SCISSOR STEP, STEP, SPIRAL ½ TURN, STEP, STEP, CROSS SIDE BEHIND W/SWEEP

- 1 2 Rock forward on right, recover on left(6:00)
- 3 & 4 Step right to side, step left together, cross right over left(6:00)
- 5 & 6 Step left to side(6:00), ½ spiral turn right (right foot "hooks" across left ankle/calf), step right to side(12:00)
- 7 8 & 1 Long step left to side, cross right over left, step left to side, step right behind as left sweeps behind(12:00)

BEHIND SIDE, DIAMOND, FULL TURN

- 2 & Step left behind right, step right to side(12:00)
- 3 4 & 5 Step left diagonally forward towards 1:00, step right forward, make a ¼ turn right to face 3:00 stepping left back towards 6:00, step back right(3:00)
- 6 & 7 Step back left (still facing 3:00, moving towards 6:00), make a ¼ turn right to face 6:00 stepping right forward, step left forward(6:00)

8 & Make a ½ turn left stepping back on right, make a ½ turn left stepping forward on left(6:00)

Restart: Happens during the 2nd wall. Restart facing 12:00. Dance the first 32 counts. Restart right after the second chase turn by stepping forward on right.

Ending: The last wall danced will start on the back. You dance up to the fifth count of the 2nd eight count. Instead of stepping forward with your right, make another ¼ turn stepping to the side. This will make you end at the front wall.

This dance placed 1st in the intermediate/advance category at the choreography competition at the 2014 Big Bang Dance Classic.

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