

Let Her Down Easy

COPPERKNOB
BY STEPHEN

拍數: 32 牆數: 2 級數: High Intermediate NC2S
編舞者: Rachael McEnaney (USA) - March 2014
音樂: Let Her Down Easy - George Michael



Count In: 19 counts from start of track, begin dance after lyrics "you're top" start on word "man". (The way I count the dance in is to count 2 lots of 8 and then COUNT 6, 7, 8) Approx 59 bpm (with slow count).

Notes: There are 2 restarts on 2nd and 4th wall. Dance first 24 counts of the dance and then Restart. 3rd wall will begin facing 6.00 and 5th wall will begin facing 12.00

[1 - 8] L fwd, ¼ turn R, L cross, R side, L behind, R behind, L side, R cross, full turn R, R back rock

- 1 & 2 & Step forward left (1), pivot ¼ turn right (&), cross left over right (2), step right to right side (&), 3.00
- 3 4 & 5 Cross left behind right as you sweep right foot (3), cross right behind left (4), step left to left side (&), cross right over left (5) 3.00
- & 6 & Make ¼ turn right stepping back left (&), make ½ turn right stepping forward right (6), make ¼ turn right stepping left to left side (&) 3.00
- 7 8 Open body to diagonal (4.30) as you rock back on right (7), recover weight to left (8), 3.00

[9 - 17] ½ turn L into L lunge, sway R,L cross, R scissor, ¼ turn R full paddle turn R,L cross, R side, L back (1/8L)

- & 1 Make ¼ turn left stepping back on right (&), make ¼ turn left as you step left to left side into a lunge – bend left knee & sway left (1) 9.00
- 2 3 Recover weight to right swaying to right (2), cross left over right (3), 9.00
- & 4 & Step right to right side (&), step left next to right (4), cross right over left (&), 9.00
- 5 6 Make ¼ turn right stepping back on left begin sweeping right into next turn (5), make ½ turn right stepping forward on right (6) 6.00
- & 7 Make ¼ turn right stepping forward left (&), make ¼ turn right stepping forward on right as you sweep left (7)

Think of counts 6 & 7 as a run or paddle turn – making circle shape on floor 12.00

- 8 & 1 Cross left over right (8), step right to right side (&), make 1/8 turn left stepping back on left (1) 10.30

[18 - 24] R back, L side (1/8 L), R cross rock, R side, L cross with full turn R, R side-cross-side, L behind, ¼ turn R

- 2 & 3 Step back on right (2), make 1/8 turn left stepping left to left side (&), cross rock right over left (3) 9.00
- 4 & 5 Recover weight to left (4), step right to right side (&), cross left over right and unwind a full turn to right (5) 9.00
- 6 & 7 Step right to right side (6), cross left over right (&), step right to right side (7) 9.00
- 8 & Cross left behind right (8), make ¼ turn right stepping forward on right (&) 12.00

RESTART: here on 2nd and 4th walls.

2nd wall begins facing 6.00 & Restart facing 6.00.

4th wall begins facing 12.00 & Restart facing 12.00

[25 - 32] Fwd L, ¼ turn L with hitch, R cross shuffle with hitch, L cross shuffle, ¼ turn L stepping RLR, walk LR

- 1 & 2 & 3 Step forward left (1), make ¼ turn left hitching right knee (&), cross right over left (2), step left to left side (&), cross right over left (3) 9.00
- & 4 & 5 Hitch left knee (&), cross left over right (4), step right to right side (&), cross left over right (5) 9.00
- 6 & 7 Make ¼ turn left stepping back right (6), step left to left side (&), step forward right slightly across left (7) 6.00

8 & Step forward left (8), step forward right (&) (advanced option: make ½ turn R stepping back L (8), make ½ turn R stepping fwd R (&)) 6.00

Please do not alter this step sheet in any way. If you would like to use on your website please make sure it is in its original format.

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