

Lifehouse

COPPER KNOB
STEPPERS

拍数: 54 墙数: 2 级数: Improver
编舞者: Malene Jakobsen (DK) - March 2015
音乐: You and Me - Lifehouse : (Album: Lifehouse - iTunes)



Intro: 24 counts from the beginning, 10 sec. into track - dance begins with weight on R

Tag: There is 1 Tag after wall 2, you'll be facing 12.00

Restart: There is 1 Restart on wall 6 after 48 counts

[1-6] Step, sweep, step, sweep

1-2-3 (1) Step fwd. on L, (2-3) sweep R from back to front 12.00

4-5-6 (4) Step fwd. on R, (5-6) sweep L from back to front 12.00

[7-12] L twinkle, twinkle 1/4

1-2-3 (1) Cross L over R, (2) step R diagonally fwd. R, (3) step L diagonally fwd. L 12.00

4-5-6 (4) Cross R over L, (5) turn 1/4 R stepping back on L, (6) step R to R 3.00

[13-18] L basic fwd., basic back

1-2-3 (1) Step fwd. on L, (2) step R next to L, (3) change weight to L 3.00

4-5-6 (4) Step back on R, (5) step L next to R, (6) change weight to R 3.00

[19-24] Fwd. drag, back, drag

1-2-3 (1) Step fwd. on L, (2-3) drag R towards L 3.00

4-5-6 (4) Step back on R, (5-6) drag L towards R 3.00

[25-30] Fwd., point, hold, 1/4, sweep 1/4

1-2-3 (1) Step fwd. on L, (2) point R to R, (3) hold 3.00

4-5-6 (4) Step down on R making 1/4 turn R, (5-6) on ball of R make another 1/4 R sweeping L 9.00

[30-36] L twinkle, twinkle 1/2

1-2-3 (1) Cross L over R, (2) step R diagonally fwd. R, (3) step L diagonally fwd. L 9.00

4-5-6 (4) Cross R over L, (5) turn 1/4 R stepping back on L, (6) turn 1/4 R stepping R to R 3.00

[37-42] Step, kick, basic back

1-2-3 (1) Step fwd. on L, (2-3) kick R fwd. 3.00

4-5-6 (4) Step back on R, (5) step L next to R, (6) change weight to R 3.00

[43-48] Half waltz diamond

1-2-3 (1) Turn 1/8 L stepping L to L diagonal, (2) step R next to L, (3) change weight to L 1.30

4-5-6 (4) Turn 1/8 L stepping back on R, (5) step L next to R, (6) change weight to R 12.00

NOTE: Restart here on wall 6, you will be facing 6.00

[49-54] Basic 1/2, basic back

1-2-3 (1) Step fwd. on L, (2) turn 1/2 L stepping back on R, (3) step back on L 6.00

4-5-6 (4) Step back on R, (5) step L next to R, (6) change weight to R 6.00

TAG: After wall 2

L basic fwd., basic back

1-2-3 (1) Step fwd. on L, (2) step R next to L, (3) change weight to L 12.00

4-5-6 (4) Step back on R, (5) step L next to R, (6) change weight to R 12.00

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