

Strength Beyond the Door

COPPER KNOB
STEPSHEETS

拍数: 60 墙数: 2 级数: Intermediate waltz
编舞者: Donna Manning (USA) & Todd Robishaw (USA) - March 2015
音乐: Better Than You Left Me - Mickey Guyton



TAG: 24 count Tag after wall 2 facing 12:00

Sec. 1 (1-6) □ Step, Pause, ¼ Turn, Pause

1,2-3 Step L fwd with L shoulder fwd extending L arm, pause through counts 2 and 3
4,5-6 during count 4 push off L turning ¼ turn R with R to side (facing 3:00) placing both hands on chest, pause 5-6 (6:00)

Sec.2 (7-12) ¼ Turn W/ Ronde, Back Twinkle

1, 2-3 push off of R ¼ turn L stepping L fwd (12:00), sweep R back to front on counts 2-3
4,5,6 Cross R over L, Step L back, Step R to R side

Sec.3 (13-18) Weave, Side Step, Prep

1,2,3 Cross L over R, R to R side, L behind R
4, 5-6 R to R side, Lean on R leaving L out to side prepping R shoulder back for 5-6
(R arm out to side, L arm out front) (12:00)

Sec.4 (19-24) ¼, ½, ½, Step, Extend (pause)

1,2,3 ¼ Turn L Stepping L fwd, ½ Turn L Stepping R back, ½ Turn L Stepping L fwd (9:00)
4, 5-6 step R across body leaning into a fwd lunge extending L arm out, pause thru 5-6 (9:00)

Sec.5 (25-30) ½ Fallaway Diamond

1,2,3 Step back on L, Step back on R, 1/8 turn L Step L to side (facing 6:00)
4,5,6 Step R across L, Step L fwd, 1/8 turn L Step R to R side (facing 3:00)

Sec.6 (31-36) ½ Fallaway Diamond + ¼

1,2,3 1/8 turn L Step L back, Step R back, 1/8 turn L Stepping L to L side (12:00)
4,5,6 1/8 turn L Stepping R across L, Step R fwd, 3/8 turn L Stepping R back (6:00)

Sec.7 (37-42) ¼ Turn, Cross, ¼ Turn, ¼ Turn, Cross, ¼ Turn

1,2,3 ¼ turn L stepping L to L side, Cross R over L, ¼ turn R stepping back on L (6:00)
4,5,6 ¼ turn R stepping R to R side, Cross L over R, ¼ turn L stepping back on R (6:00)

Sec.8 (43-48) 3/8 Turn, Lift, Back, Side, Cross

1,2,3 3/8 turn L stepping L to 1:30, Lift R pointing toe slight bent knee- pause through count 3
4,5,6 Step R back, Step L to L side (12:00), Cross R over L angling body to 10:30 (12:00 wall)

Sec.9 (49-54) Step, Lift, Back, 1/8 Turn, Cross

1,2,3 Step L towards 10:30 (12:00 wall), Lift R pointing toe slightly bent knee – pause through count 3
4,5,6 Step R back, 1/8 turn L stepping L to L side, Cross R over L (9:00)

Sec.10 (55-60) ¼ Turn, ½ Turn, ½ Turn, Step, ½ Turn, ½ Turn

1,2,3 ¼ Turn L stepping L fwd toe out, ½ Turn L Stepping R back, ½ Turn L stepping L close to R (6:00)
4,5,6 Step R fwd, ½ Turn R stepping L back, ½ Turn R stepping R close to L

EOD!!!

TAG 24 counts, done after wall 2

Sec.1 (1-6) □ Step, Lift, Back, ½ Turn, Step

1,2,3 Step L fwd, Lift R, pause through count 3

4,5,6 Step R back, ½ turn L stepping L fwd, step R to diagonal 7:30 (6:00)

Sec.2 (7-12) Cross, Side Rock, Recover, Cross, side Rock, Recover

1,2,3 Cross L over R, Side rock R to R side, Recover weight to L

4,5,6 Cross R over L, side rock L to L side, recover weight to R (6:00)

Sec.3 (13-18) ½ Turn Balance, Back Balance

1,2,3 Step L fwd – as you are making ½ turn L on the ball of L change weight to R, change weight to L

4,5,6 Step R back, close L to R, change weight to R

Sec.4 (19-24) ½ Turn Balance, Back, ¼ Turn, Cross

1,2,3 Step L fwd – as you are making ½ turn L on the ball of L change weight to R, change weight to L

4,5,6 Step R back, ¼ turn L stepping L to L side, Cross R over L (3:00)
