

Sometimes I've Lost You

COPPER KNOB
BY STEPHEN

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Charles & Sandra (UK) - April 2015
音乐: Broken Glass - Jack Savoretti : (Album: Written in Scars - iTunes)



(Section 1) Side, behind, ¼, Step ½, ¼, behind, side

1 2 Step Right to side, Cross Left behind Right
3 4 ¼ turn Right stepping forward, Step Left fwd [3:00]
5 6 Pivot ½ Right, ¼ Right stepping Left to side [12:00]
7 8 Cross Right behind Left, Step Left to Side

(Section 2) Point, Point, Behind with sweep, Behind, step, Knee Lift, Step Back with Sweep, Hitch

1 2 Point Right Toe across Left, Point Right Toe to side
3 4 Cross Right behind Left as Left sweeps From Front to back, Cross Left Behind Right popping Right Knee
5 6 Step Right forward, Lift Left knee into Figure 4 Position tucking foot behind Right calf
7 8 Step Back on Left Sweeping Right from Front to Back, Cross Right Behind Left popping Left Knee

(Section 3) Cross Point, Cross Point, Step, Step ½ Pivot, ½

1 2 Cross Left Over Right, Point Right toe to side
3 4 Cross Right Over Left, Point Left toe to side
5 6 Step Left Fwd, Step Right Fwd
7 8 Pivot ½ Left, ½ Turn Left Stepping back on Right

(Section 4) ¼ toe turn, Jazz box, ½ Pivot

1 2 Slide left toe back, make ¼ turn Left placing weight onto Left foot (Toe Turn) [9:00]
3 4 Cross Right Over Left, step Back On Left
5 6 Step Right to Side, Step Forward Left
7 8 Step Forward on Right, Pivot ½ Left [3:00]

(Section 5) Step, hold, and step touch, Side, Hold, and side touch

1 2 Step Fwd Right, Hold
&3 4 Close Left beside Right, Step Fwd Right, Touch Left beside Right
5 6 Step Left to Side, Hold
&7 8 Close Right Beside Left, Step Left to Side, Touch Right beside Left

(Section 6) Heel and Touch, together, ¼ Heel and Touch, Step, Lock step

1&2& Right heel Fwd, Step Right beside Left, Touch Left beside Right, Step Left in Place
3&4 ¼ Right Placing heel Fwd, Step Right in place, Touch Left beside Right [6:00]
5 6 Step Left Fwd, Step Right Fwd
7 8 Lock Left Behind Right, Step Fwd Right

(Section 7) Side, Behind, ¼, ¼ Pivot, Cross Back Side

1 2 Step Left to Side, Cross Right Behind Left
3 4 ¼ Turn Left Stepping Fwd, Step Fwd Right [3:00]
5 6 ¼ Pivot Left, Cross Right Over Left [12:00]
7 8 Step Back On Left, Step Right to side

(Section 8) Rock Recover, ½ toe turn x3

1 2 Rock Fwd Left, recover on Right
3 4 Touch Left toe Back, ½ Turn Left Placing weight on Left [6:00]

5 6 Touch Right Toe Fwd, ½ turn Left Placing weight on Right [12:00]
7 8 Touch Left toe Back, ½ Turn Left Placing weight on Left [6:00]

Contacts ~ E-mail: mercurydance@gmail.com □ □
