

Delone

COPPER KNOB
STEPSHEETS

拍数: 80 墙数: 4 级数: Phrased High Intermediate
编舞者: Monica Wale (SWE) - January 2016
音乐: Delone - Sacri Cuori



Sequence: A A B=8 counts A A B A B A B=8 counts A A B A B=48 counts A B=37 counts

If there is no note, B always is 16 counts

The music has to be from the disc (available on iTunes) because the sequences are not in same order on for instance YouTube videos.

The dance starts in only two seconds

PART:A

AS1 [1-8 &] ROCK RECOVER & ROCK RECOVER, SAILOR TURN $\frac{3}{4}$ RIGHT , STEP, ROCK RECOVER

- 1 2 & Rock LF to left (1) recover on RF (2) step LF beside right (&)
- 3 4 Rock RF to right (3) recover on LF (4)
- 5 & 6 Turn $\frac{3}{4}$ right and step RF behind left (5) step LF to left side (&) step RF beside left (6)
- 7 8 & Step LF forward (7) rock RF forward (8) recover on LF (&)

AS2 [1-8] 2 x WALKS BACK, COASTER STEP, STEP, TOE, $\frac{1}{2}$ TURN RIGHT, $\frac{1}{2}$ TURN LEFT

- 1 2 Walk back on RF (1) walk back on LF (2)
- 3 & 4 Step back on RF (3) step LF beside right (&) step forward on RF (4)
- 5 6 Step LF forward (5) touch RF back (6)
- 7 8 Turn $\frac{1}{2}$ right (7) (weight on LF) turn $\frac{1}{2}$ left (8) (weight still on LF and toe still touched back)

AS3 [1-8] STEP TURN $\frac{1}{4}$, STEP TURN $\frac{1}{4}$, JAZZBOX WITH CROSS,

- 1 2 Step RF forward (1) pivot $\frac{1}{4}$ turn left (2)
- 3 4 Step RF forward (3) pivot $\frac{1}{4}$ turn left (4)
- 5 8 Cross RF over left (5) step LF back (6) step RF beside left (7) cross LF over right (8)

AS4 [1-8] POINT, CROSS, ROCK RECOVER, BEHIND, ROCK RECOVER, BEHIND

- 1 2 Point RF to right side (1) cross RF over left (2)
- 3 4 Rock LF to left (3) recover on RF (4)
- 5 8 Step LF behind right (5) rock RF to right side (6) Recover on LF (7) step RF behind left (8)

PART B

BS1 (1-8) ROCK RECOVER, SHUFFLE, STEP TURN $\frac{1}{2}$, TRIPLE FULL TURN LEFT

- 1 2 Rock LF to left (1) recover on RF (2)
 - 3 & 4 Step LF forward (3) step RF beside left (&) step LF forward (4)
 - 5 6 Step RF forward (5) pivot $\frac{1}{2}$ turn left (6)
 - 7 & 8 Step back on RF turning $\frac{1}{2}$ left (7) step LF forward turning $\frac{1}{2}$ left (&) step RF forward (8)
- (easy option on 7 & 8: right shuffle forward)

BS2 (1-8) ROCK RECOVER, SAILOR TURN $\frac{1}{4}$, ROCK RECOVER, COASTER STEP

- 1 2 Rock LF to left (1) recover on RF (2)
- 3 & 4 Turn $\frac{1}{4}$ left and step LF behind right (3) step RF to right side (&) step LF beside right (4)
- 5 6 Rock RF forward (5) recover on RF (6)
- 7 & 8 Step back on RF (7) step LF beside right (&) step forward on RF (8)

BS3 (1-8) ROCK RECOVER WITH $\frac{1}{4}$ TURN RIGHT, TRIPLE FULL TURN RIGHT, STEP TURN $\frac{1}{2}$, SHUFFLE TURN $\frac{1}{2}$ RIGHT

- 1 2 Rock LF to left (1) turn $\frac{1}{4}$ right and recover on RF (2)
- 3 & 4 Step back on LF turning $\frac{1}{2}$ right (3) step RF forward turning $\frac{1}{2}$ right (&) step LF forward (4)
- 5 6 Step RF forward (5) pivot $\frac{1}{2}$ turn left (6)

7 & 8 Make a ¼ turn left stepping RF back (7) step LF beside right (&) Make a ¼ turn left stepping RF back
(easy option on 3&4: left shuffle forward)

BS4 (1-8) STEP BACK, SIDE WITH ¼ TURN RIGHT, CROSS SHUFFLE, ROCK RECOVER, CROSS SHUFFLE

1 2 Step LF back (1) make a ¼ turn right stepping RF to right side (2)
3 & 4 Cross LF over right (3) step RF to right side (&) Cross LF over right
5 6 Rock RF to right (5) recover on LF (6)
7 & 8 Cross RF over left (7) step LF to left side (&) Cross RF over left (8)

BS5 (1-8) ROCK RECOVER & ROCK RECOVER, SAILOR TURN ¾ RIGHT , SWAY, SWAY

1 2 & Rock LF to left (1) recover on RF (2) step LF beside right (&)
3 4 Rock RF to right (3) recover on LF (4)
5 & 6 Turn ¾ right and step RF behind left (5) step LF to left side (&) step RF beside left (6)
7 8 Sway LF to left side (7) sway RF to right side (8)

BS6 (1-8) SIDE, BEHINDE, STEP ¼ LEFT, STEP TURN ½, SIDE WITH ¼ TURN LEFT, BEHIND, SIDE

1-3 Step LF to left side (1) step RF behind left (2) Make a ¼ turn left stepping LF forward (3)
4-6 Step RF forward (4) pivot ½ turn left (5) make a ¼ turn right stepping RF to right side (6)
7 8 Step LF behind right (7) step RF to right side

The dance ends with the very first step of the sailor step, on count 5 in section 5
(High Intermediate only because of the sequences, the steps are not that tricky)

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