

Lights Down Low

COPPER KNOB
STEPPERS

拍数: 80 墙数: 2 级数: Intermediate / Advanced
编舞者: Caroline Pillar (UK) - May 2017
音乐: Lights Down Low - MAX : (Album: Hell's Kitchen Angel -iTunes)



No Tags Or Restarts

[1-8] WALK, WALK, CROSS ¼ RIGHT L R, WEAWE LEFT BEHIND SIDE CROSS

- 1-2 (1) Walk forward R; (2) Walk forward L
3&4 (3) Cross R over L; (&) Make ¼ right stepping back L; (4) Step R slightly to right [3:00]
&5,6 (&) Cross L over R; (5) Step R to right side; (6) Cross L behind R
7-8 (7) Step R to right side; (8) Cross L over R (full weight transfer)

[9-16] R SIDE ROCK RECOVER CROSS R, ½ TURN RIGHT, CROSS ROCK L REPLACE, CROSS ROCK R

- 1&2 (1) Rock R to right; (&) Recover weight to L; (2) Cross R over L
3-4 (3) Make ¼ right turn stepping back L [6:00]; (4) Make ¼ turn right stepping R to side [9:00]
5&6 (5) Cross rock L over R; (&) Recover weight to R; (6) Step L to left
7-8 (7) Cross rock R over L; (8) Recover weight to L

[17-24] SIDE R TOGETHER CROSS R, STEP CROSSES TRAVELLING LEFT, ¼ TURN LEFT ROCK L FORWARD RECOVER BACK L

- 1-2 (1) Step R to right; (2) Close L beside R
3&4 (3) Cross step R over L; (&) Step L to left; (4) Cross step R over L
&5-6 (&) Step L to left; (5) Cross step R over L; (6) Make ¼ turn left rocking forward L [6:00]
7-8 (7) Recover weight to R; (8) Step L back

[25-32] R ROCK BACK RECOVER STEP FORWARD R, FORWARD L PIVOT ½ TURN RIGHT, WALK FORWARD L R, L FORWARD MAMBO

- 1&2 (1) Step R back; (&) Recover weight to L; (2) Step R forward
3-4 (3) Step forward L; (4) Pivot ½ turn right stepping forward R [12:00]
5-6 (5) Walk forward L; (6) Walk forward R
7&8 (7) Rock L forward; (&) Recover weight to R; (8) Step L back

[33-40] WALK BACK R L, R CROSS TOGETHER STEP R IN PLACE, FULL TURN TRAVELLING TRIPLE RIGHT, TOE HEEL TOE WITH RISE

- 1-2 (1) Walk R back; (2) Walk L back
3&4 (3) Cross step R over L; (&) Step L 1/8 turn right diagonally forward [1:30]; (4) Place R next to L
5&6 (5) Cross step L over R; (&) Make ½ turn left stepping back on R [6:00]; (6) Make ½ turn left stepping L across R [12:00]
7&8& (7) Place R to right fanning R toe to right; (&) Keep toe in place and fan R heel out to right; (8) Keep heel in place and fan R toe to right; (&) Transfer all weight to R rising up on R toe (L foot should also be off the ground)

**Alternative Option: Counts (5&6) can be replaced with a weave behind side cross as an easier option
Counts (7&8&) can be replaced with a small slide right for (7,8), rising up on R toe for (&)**

[41-48] L SAILOR STEP, RIGHT BEHIND SIDE FORWARD WITH LOCK STEP, PIVOT ½ TURN RIGHT, STEP FORWARD L UNWIND ½ TURN

- 1&2 (1) Step L behind R; (&) Step R to right; (2) Step L to left (sailor step)
3&4 (3) Step R behind L; (&) Step L to left; (4) Step R forward;
&5-6 (&) Close L behind R; (5) Step R forward; (6) Step L forward

&7-8 (&) Pivot ½ turn right stepping R forward [6:00]; (7) Step forward L; (8) Unwind ½ turn over right shoulder keeping weight on L and point R forward (this is a prep to turn back on yourself) [12:00]

[49-56] ½ TURN LEFT SWEEPING L, STEP L BACK HITCH R STEP HITCH, BEHIND SIDE CROSS LEFT, STEP L BACK KICK R FORWARD, STEP FORWARD R

1-2 (1) Make a half turn L transferring weight to R and sweep L forward to back [6:00]; (2) Step L close behind R and angle body to left diagonal [4:30]
3&4 (3) Hitch R knee up; (&) replace R transferring weight to ball of R; (4) Transfer weight back to L and hitch R knee up
5&6 (5) Step R behind L; (&) Step L to left; (6) Cross R over L
&7-8 (&) Step L closed behind R; (7) Kick R forward with a straight leg (leaning back on L and bending L knee slightly); (8) Replace weight to R stepping forward R [4:30]

[57-64] SIDE ROCK L REPLACE, BEHIND SIDE CROSS RIGHT L R L WITH L CROSS SHUFFLE, SIDE STEP TOGETHER ¼ TURN LEFT STEPPING R FORWARD

1-2 (1) Straighten body to [6:00] wall and rock L to left; (2) Recover weight to R (optional styling here would be to pop both knees whilst transferring weight back to R
3&4 (3) Step L behind R; (&) Step R to right; (4) Cross L over R
&5-6 (&) Step R to right; (5) Cross L over R; (6) Step R to right
7-8 (7) Turn ¼ turn left stepping L beside R; (8) Step forward R [3:00]

[65-72] WALK L R, CROSS L ROCK RECOVER SLIDE LEFT, R BEHIND ROCK FORWARD WITH ¼ TURN RIGHT, L PIVOT ½ TURN RIGHT

1-2 (1) Walk forward L; (2) Walk forward R
3&4 (3) Cross rock L over R; (&) Replace weight back to R; (4) Slide to left stepping L
5&6 (5) Cross R behind L; (&) Transfer weight back to L; (6) Turn ¼ turn right stepping R forward [6:00]
7-8 (7) Step forward L; (8) Pivot ½ turn right (keeping weight on L) [12:00]

[73-80] FULL TURNING TRIPLE RIGHT R L R WITH L SWEEP LOCKING R OVER L, R BACK SHUFFLE, SIDE L FORWARD R, FORWARD L ½ TURN PIVOT RIGHT, FORWARD L

1&2 (1) Step forward R; (&) Make ½ turn right stepping L back [6:00]; (2) Make ½ turn right stepping R forward sweeping L from back to front [12:00]
3&4& (3) Cross Step L over R (travelling back); (&) Step R back; (4) Cross L over R; (&) Step L back slightly
5-6 (5) Step L to left; (6) Step forward R
7&8 (7) Step forward L; (&) Pivot ½ turn right stepping forward R (8) Step forward L [6:00]

Begin Again and Enjoy!

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