

Within You'll Remain

COPPER KNOB
STEPPERS

拍数: 120 墙数: 4
编舞者: Amy Yang (TW) - July 2017
音乐: Within You'll Remain - Chyna

级数: Phrased Intermediate



Intro : 44 counts

Sequence of dance : A A(24) B A(20) C C/ B A(24) C C A(16)

PART A – 48 counts

Sec. A1: FORWARD, SWEEP(R&L), JAZZ BOX

1 – 4 Step RF forward, Sweep LF form back out to front, Step LF forward, Sweep RF form back out to front

5 – 8 Cross RF over LF, Step LF back, Step RF to R, Cross LF over RF

Sec. A2: SIDE, DRAG, BACK, RECOVER(R&L)

1 – 4 Step RF big step to R, Drag LF slide towards R, Cross LF behind RF, Recover onto RF

5 – 8 Step LF big step to L, Drag RF slide towards L, Cross RF behind LF, Recover onto LF

Sec. A3: 1/4 TURN L SIDE, DRAG, BACK, RECOVER, SIDE, DRAG, BACK, RECOVER

1 – 4 1/4 turn L stepping RF big step to R, Drag LF slide towards R, Cross LF behind RF, Recover onto RF(09:00)

5 – 8 Step LF big step to L, Drag RF slide towards L, Cross RF behind LF, Recover onto LF

Restarts : During wall 2(06:00) & wall 8(12:00), dance PART A - after 24 counts, wall 8 change the count 21-24 to touch instead of step During wall 4(03:00), after 20 counts

Sec. A4: RUMBA BOX, 1/4 TURN L FLICK RF

1 – 4 Step RF to R, Step LF beside RF, Step RF back, Hold

5 – 8 Step LF to L, Step RF beside LF, Step LF forward, Make 1/4 turn L flick on RF(06:00)

Sec. A5: WEAVE, SWEEP, WEAVE, POINT

1 – 4 Cross RF over LF, Step LF to L, Cross RF behind LF, Sweep LF form front out to back

5 – 8 Cross LF behind RF, Step RF to R, Cross LF over RF, Point RF to R

Sec. A6: BACK, POINT, BESIDE, STEP, FORWARD, RECOVER, BACK, TOUCH

1 – 4 Cross RF behind LF, Point LF to L, Step LF beside RF, Step on RF in place

5 – 8 Step LF forward, Recover onto RF, Step LF big step to back, Touch RF beside LF

PART B – 40 counts

Sec. B1: CROSS, HOLD(R&L), FORWARD, PIVOT 1/2 TURN L, FORWARD, HOLD

1 – 4 Cross RF over LF, Hold, Cross LF over RF, Hold

5 – 8 Step RF forward, Pivot 1/2 turn L step on LF, Step RF forward, Hold(09:00)

Sec. B2: CROSS, HOLD(L&R), FORWARD, PIVOT 1/2 TURN R, FORWARD, HOLD

1 – 4 Cross LF over RF, Hold, Cross RF over LF, Hold

5 – 8 Step LF forward, Pivot 1/2 turn R step on RF, Step LF forward, Hold(03:00)

Sec. B3: SIDE, BEHIND, 1/4 TURN R, FORWARD, PIVOT 1/2 TURN R, 1/4 TURN R, BEHIND, SIDE

1 – 4 Step RF to R, Cross LF behind RF, 1/4 turn R step RF forward, Step LF forward(06:00)

5 – 8 Pivot 1/2 turn R step on RF, 1/4 turn R step LF to L, Cross RF behind LF, Step LF to L(03:00)

Sec. B4: CROSS, RECOVER, SIDE, HOLD(R&L)

1 – 4 Cross RF over LF, Recover onto LF, Step RF to R, Hold

5 – 8 Cross LF behind RF, Recover onto RF, Step LF to L, Hold

Sec. B5: SWAY, HOLD(R&L), SWAY(R, L, R, L)

1 – 4 Sway hip R, Hold, Sway hip L, Hold
5 – 8 Sway hip R, L, R, L

PART C – 32 counts

Sec. C1: SWAY, HOLD(L&R), SCISSOR CROSS, HOLD

1 – 4 Sway hip L, Hold, Sway hip R, Hold
5 – 8 Step LF to L, Step RF beside LF, Cross LF over RF, Hold

Sec. C2: SWAY, HOLD(R&L), SCISSOR CROSS, HOLD

1 – 4 Sway hip R, Hold, Sway hip L, Hold
5 – 8 Step RF to R, Step LF beside RF, Cross RF over LF, Hold

Sec. C3: SHUFFLE DIAGONAL(L&R), HOLD

1 – 4 Step LF forward L diagonal, Lock RF behind LF, Step LF forward L diagonal, Hold
5 – 8 Step RF forward R diagonal, Lock LF behind RF, Step RF forward R diagonal, Hold

Sec. C4: FORWARD, PIVOT 1/2 R TURN R, FORWARD, HOLD, FORWARD, RECOVER, BESIDE, HOLD

1 – 4 Step LF forward, Pivot 1/2 turn R step on RF, Step LF forward, Hold (06:00)
5 – 8 Step RF forward, Recover onto LF, Step RF beside LF, Hold

Start again.

Restarts : During wall 2(06:00) & wall 8(12:00), dance PART A - after 24 counts. wall 8 change the count 21-24 to touch instead of step & restart(09:00)

During wall 4(03:00), after 20 counts

Ending : During wall 11, after 12 counts, Then Step LF to L, Cross RF behind LF, 1/4 turn L step LF forward, Step RF forward, Pivot 1/2 turn L step on LF, Step RF beside LF to face the front(facing 12:00)

Have Fun & Happy Dancing !

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