

Back From The Fire

COPPER KNOB
STEPSHEETS

拍数: 30 墙数: 2 级数: Low Advanced
编舞者: Roy Verdonk (NL), Jef Camps (BEL) & Eleni de Kok (NL) - February 2018
音乐: Back from the Fire - Gold Brother



(intro 16 counts)

S1: DIAGONAL STEP-LOCK-STEP, STEP-LOCK, KNEE POP, DROP, BACK, 3/8 STEP, 3/4 TURN, DIAGONAL ROCKING CHAIR

1&2& 1/8 turn L & LF step forward, RF lock behind LF, LF step forward, RF step forward (10:30)
3&4& LF lock behind RF, pop R knee up while lifting R heel, drop R heel, LF step diagonally R back (10:30)

Styling: when popping the knee you can lift your R shoulder and bend your head towards the R shoulder

5 3/8 turn R & RF step forward (3:00)
6& 1/2 turn R & LF step back, 1/4 turn R & RF step side (12:00)
7&8& 1/8 turn R & LF rock forward, recover on RF, LF rock back, recover on RF (1:30)

S2: STEP, 1/8 SWEEP, CROSS, BACK, BACK, CROSS, BACK, 1/4 SIDE, TOUCH, POINT, JAZZ BOX, CROSS

1-2 LF step forward, RF sweep forward making 1/8 turn L (12:00)
&3&4 RF cross over LF, LF step diagonally back, RF step diagonally back, LF cross over RF
&5 RF step back, 1/4 turn L & LF step side (9:00)
6& RF touch next to LF, RF point to side
7&8& RF cross over LF, LF step back, RF step side, LF cross over RF

S3: SIDE, 3/4 SPIRAL TURN, STEP, SIDE ROCK/RECOVER, WEAVE WITH SWEEP, BEHIND, 1/4 STEP, ROCK FWD/RECOVER, COASTER

1-2& RF step side, make 3/4 spiral turn L on RF (LF hooked), step forward on LF (12:00)
3& RF rock side, recover on LF
4&5 RF cross over LF, LF step side, RF cross behind LF & sweep LF backwards
6& LF cross behind RF, 1/4 turn R & RF step forward (3:00)
7&8& LF rock forward, recover on RF, LF step back, RF close next to LF

S4: STEP, 3/4 HINGE TURN, CROSS ROCK/RECOVER, SIDE, CROSS, SIDE, SAILOR

1-2& LF step forward, 1/2 turn L & RF step back, 1/4 turn L & LF step side (6:00)
3&4& RF cross over LF, recover on LF, RF step side, LF cross over RF
5-6& RF big step side while sweeping LF 1/8 turn L, LF cross behind RF, RF step side slightly fwd (4:30)

Start again!

Restart: in wall 3 after 24 counts

Dance up to count 8& from the 3rd section and add a 1/8 turn R before restarting the dance to 4:30.

Tag + restart: in wall 6 dance up to count 6& from the second section and add following steps before restarting the dance to the front wall

1 1/8 turn R and put weight on RF (4:30)
2-3 Bend through knees and lean forward while snapping fingers, stretch up
4-5 Bend through knees and lean forward while snapping fingers, stretch up
6-7 Bend through knees and lean forward while snapping fingers, stretch up
8 Bend through knees and lean forward while snapping fingers

Styling: bring body and arms slightly in when bending and open up when stretching up

- 1-2 ½ turn L and bring weight on LF, RF lock behind LF and pop L knee up while snapping fingers (10:30)
- 3-4 LF step forward, RF lock behind LF and pop L knee up while snapping fingers (10:30)
- 5-6 LF step forward, RF lock behind LF and pop L knee up while snapping fingers (10:30)
- 7-8 LF step forward, RF lock behind LF and pop L knee up while snapping fingers (10:30)

Styling: in those locks make a rolling movement

Restart dancing to 10:30
