

Light a Candle

COPPER KNOB
STEPPERS

拍数: 64 墙数: 2 级数: Phrased Advanced
编舞者: Fred Whitehouse (IRE) & Shane McKeever (N.IRE) - August 2018
音乐: Losing Sleep - Chris Young



Count-in: 36 Count Intro

Sequence - A,B,A*,A,B,B*,B,B*,Ending

Section A: 24 counts

A[1-8] Step Sweep L, Press, Heel Swivel, Kick, Together, Side Rock R, Recover, Together, Side Rock L, Recover, Step Forward

- 1,2 Step Rf Fwd Sweeping Lf from Back to Front, Press Lf Fwd
- 3&4 Swivel L Heel to L, Bring L Heel back to Centre, Kick Lf Fwd, Transferring weight back to Rf
- &5,6 Step Lf next to Rf, Rock Rf to R Side, Recover on to Lf
- &7&8 Step Rf next to Lf, Rock Lf to L Side, Recover on to Rf, Step Lf Fwd

A[9-16] Step Glide ½ Turn L, ½ Turn L, ½ Turn L, Grapevine R, Flick R, Rock R Forward

- 1,2 Step R f Fwd, Pivot ½ Turn L, placing weight on to Lf (Moonwalk Glides, Push off Rf gliding back on to Lf)
- 3,4 ½ Turn L Stepping RF back, ½ Turn L Stepping Lf Fwd
- (*Restart here during 2nd A pattern)
- 5,6& Step Rf to R Side, Cross Lf behind Rf, Step Rf to R Side
- 7&8 Cross Lf in front of Rf, Flick R Heel Up, Rock Rf Fwd

A[17-24] Recover Sweeping Rf, Behind, Side, Heel and Cross, Step R to R Side, Hold, 1 1/4 Turn L

- 1,2 Recover weight on to Lf Sweeping Rf from Front to Back, Cross Rf behind Lf
- &3&4 Step Lf to L Side, R Heel to R Side, close Rf next to Lf, Cross Lf in front of Rf
- 5,6 Step Rf to R Side, Hold (Prepping Body to R)
- 7&8 ¼ Turn L Stepping Lf Fwd, ½ Turn L Stepping Rf Back, ½ Turn L Stepping Lf Fwd

Note: When dancing A into B you Start B with ½ Turn L, however when dancing B into B you Start B with ¼ Turn L

Section B: 40 counts

B[1-8] ½ Turn L, Body Roll, ¼ Turn R Step Together, Step Rf to R Side with Slight L Leg Lift, Cross, Step Touch Together x2, Step Rf Forward to Diagonal, Step Lf Fwd Hitching R Knee, Step Back Sweeping L

- 1,2 ½ turn L touching RF back, body roll back placing weight on RF
- &3,4 Step LF back, ¼ turn R stepping RF to R side as you lift L knee, cross LF over R
- &5&6 Step RF to R side, touch LF next to R, step LF to L side, touch RF next to R
- &7&8 1/8 turn R stepping RF to R diagonal, step LF Fwd hitching R knee, step RF back sweeping LF from front to back

B[9-16] Sweep x2, Weave, ¾ Curve walk, Boogie walks x3

- 1,2 Step LF back sweeping RF from front to back, step RF back sweeping LF from front to back
- 3&4 Step LF behind R, 1/8 turn R stepping RF to R side, cross LF over R
- 5&6 ¾ turn R curve R,L,R
- 7&8 Walk Fwd L,R,L (boogie walks)

(*Restart here during 3rd B pattern)

B[17-24] Rock, Recover ¼ turn L, ¼ turn R with a Kick, Cross LF over R, Point, ½ turn L point, ½ turn L point, Kick diagonal

- 1,2 Rock RF Fwd, ¼ turn L stepping LF to L side
- 3,4 ¼ turn R placing weight on RF as you kick LF Fwd, cross LF over R

5,6 Point RF to R side, ½ turn L point RF to R side, (click both fingers when you point)
7,8 ½ turn L point RF to R side (Raise R hand up making a stop sign when you point RF) 1/8 turn
L kicking RF to L diagonal

B[25-32] Ball step fwd L, Step fwd R, Rock fwd, Rock side, Lock unwind 7/8 turn L, out, out & cross

&1,2 Close RF next to L, step LF Fwd diagonal, step Rf Fwd diagonal
3&4& Rock LF Fwd, recover, rock LF to L side, recover
5,6 Touch LF behind R, unwind 7/8 L finish with weight on LF (hug yourself as you unwind)
&7&8 Step RF out, step LF out, step RF in, cross LF over R

(*Add ending here during last B pattern, First 10 counts of section A)

B[33-40] Side Rock recover, Ball Rock recover, step fwd, R mambo, step back with a sweep, ½ turn sailor L

1,2& Rock RF to R side, recover weight onto L, ½ turn R stepping R to R side
3&4 ½ turn R Rock LF to L side, recover weight onto R, cross LF over R
5&6 Step RF back diagonal, step LF to L side, cross RF over L
&7& Step LF back diagonal, step RF to R side, cross LF over R,
8& ¼ turn L stepping RF back, ¼ turn L stepping LF Fwd

***Ending – You dance the first 10 counts of section A.**

On count 9 raise R hand up as you glide LF back slowly bring R hand down (turn lights down low) do not make the ½ turn L.

Last Update - 12th Sept. 2018
