

A Freedom Fighter

COPPER KNOB
BY STEPHEN

拍数: 64 墙数: 4 级数: Phrased Intermediate
编舞者: Janet Cummings (USA) - April 2019
音乐: Freedom - Reba McEntire : (Album: Stronger Than The Truth)



Pattern: A32, A32, B32, Tag #1 (16), A32, A16, B32, Tag #1 (16), Tag #2 is the 16 Bridge/Guitar), A32, B 32, Tag #1 (16), B32, Tag #1 (16) B to End (approx. 16 Counts)

FOUR #1 TAGS (Each Tag is ¼ Turn Monterey x4 (16 Counts). ONE #2 TAG (See Pattern Below)
Intro: 32 Counts

Part A: 32 Counts

AS1: QUAD-ROCKER

1-4 R Cross L, Recover L, R Rock Diagonally (2:00), Recover L,
5-8 R Rock Diagonally Back (4:00), Recover L, R Cross Rock Back, Recover L

AS2: R CHASSE, ROCK, RECOVER; STEP L FORWARD, TURN ¼ RIGHT, STEP R BACK TURN ½ RIGHT, SHUFFLE FORWARD

1&2, 3, 4 R Shuffle To The Side (R,L,R), Rock Back L, Recover R
5, 6, 7&8 Step L Forward, Turn ¼ Right, Step R Back, Turn ½ Right, Shuffle Forward (L,R,L)

AS3: SIDE ROCK, BEHIND, SIDE, CROSS; SIDE ROCK, BEHIND CROSS, SIDE, BEHIND CROSS

1, 2, 3&4 Step R to Side, Recover L, Step R Behind L, Step L To Side, Cross R Over L
5, 6, 7&8 Step L to Side, Recover R, Step L Behind R, R to Side, L Behind R

AS4: TOUCH R, STEP R FWD; TOUCH L, STEP L FWD; TOUCH R, BRUSH R, CROSS, UNWIND ½

1-4 Touch R to Side, Step R Forward, Touch L to Side, Step L Forward
5-8 Sway Right, Sway Left, Touch R Toe Behind L Heel, Pivot ½ Right, Step L

Part B: 32 Counts

BS1: R KICK, STEP, L POINT; L KICK, STEP, R POINT; R POINT, SWEEP, L POINT, SWEEP, R POINT SWEEP, L POINT, SWEEP

1&2, 3&4 R Kick, Step, L Point; L Kick, Step, R Point
5& Touch R to R, Sweep Back
6& Touch L to L, Sweep Back
7& Touch R to R, Sweep Back
8& Touch L to L, Sweep Back

***NOTE: It is easier if you don't do points, just Sweep back on each side. Do steps 1-4, then Sweep Back R, L, R, L.

BS2: SHUFFLE R, STEP L, PIVOT RIGHT, L KICK, BALL, CROSS, TURN ¼ LEFT, STEP L, TAP R HEEL

1&2, 3, 4 Shuffle Forward R,L,R, Step L, Pivot Right, Step on R
5&6, 7, 8 Kick L, Step on Ball of L, Cross R, Turn ¼ Left, Step L, Tap R Heel

BS3: R ROCKING CHAIR; SYNCOPATED...OUT-OUT, IN-HEEL, OUT-OUT, IN-HEEL

1, 2, 3, 4 Rock Forward on R, Rock Back on L, Rock Back on R, Rock Forward on L
&5&6 Quickly Step Out on R, then L, then R, Then Tap L Heel Forward
&7&8 Quickly Bring L Heel Back to Step Out On L, then R, then L, then Tap R Heel Forward

BS4: SHUFFLE FORWARD RIGHT, THEN SHUFFLE FWD, LEFT; SKATE (OR WALK) BACK

1&2, 3&4 Shuffle Forward R,L,R, Then L,R,L
5, 6, 7, 8 (Skate) On Ball of Designated Foot, Press Heel Outward With Each Step Back

TAG #1: MONTEREY, DONE IN ¼ TURNS x4 (16 COUNTS)

- 1-4 Touch R to side, Pivot $\frac{1}{4}$ Right, Step next to L; Touch L Toe to Left, Step Next to R
5-8 Touch R to side, Pivot $\frac{1}{4}$ Right, Step next to L; Touch L Toe to Left, Step Next to R
9-12 Touch R to side, Pivot $\frac{1}{4}$ Right, Step next to L; Touch L Toe to Left, Step Next to R
13-16 Touch R to side, Pivot $\frac{1}{4}$ Right, Step next to L; Touch L Toe to Left, Step Next to R

TAG #2: GUITAR/BRIDGE, (16 COUNTS)

- 1, 2, 3&4 Step R, Pivot $\frac{1}{2}$ Left – Keep Weight Back on Lead Foot, Shuffle Back (L,R,L)
5, 6, 7&8 Rock R Back, Recover L; Shuffle Forward (R,L,R)
9, 10, 11&12 Step L, Pivot $\frac{1}{2}$ Right – Keep Weight Back on Lead Foot, Shuffle Back (R,L,R)
13, 14, 15&16 Rock Back L, Recover R; Shuffle Forward (L,R,L)

NOTE: Dance ends on Front Wall. To get optimum results, listen to the song a few times so you hear where the TAGS appear - Monterey and Bridge.

Dance for Physical and Mental Health
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