

You're an Ocean

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 2 级数: Intermediate
编舞者: Douglas Madison (USA) - January 2020
音乐: Ocean - Lady A : (Album: Ocean - 3:35)



Intro: 16 beats, start one beat before vocal. Start with weight on LF.

NOTES: Restart with step-change Wall 4. Optional step-change Walls 2 & 6.

[1-9] WALK, WALK, ROCKING CHAIR, STEP, PIVOT 1/2, TURN 1/2, BEHIND-SIDE-CROSS

1-2 Walk forward on RF, Walk forward on LF
3&4& Rock forward on RF, Recover on LF, Rock back on RF, Recover on LF
5-6-7 Step forward on RF, Pivot 1/2 left (weight on LF), 1/2 turn left stepping back on RF sweeping LF front to back
8&1 Cross LF behind RF, Step RF beside LF, Cross LF over RF sweeping RF (close) back to front

[10-16] FALL AWAY TURN 3/8, ROCK, RECOVER, TOUCH BACK

2&3 Cross RF over LF, Step back on LF, 1/8 turn right stepping RF beside LF [1:30]
4&5 Cross LF behind RF, 1/8 turn right stepping RF beside LF, 1/8 turn right crossing LF over RF [4:30]
6-7-8 Rock forward on RF, Recover on LF, Touch RF behind LF

***OPTIONAL STEP-CHANGE HERE Walls 2 & 6 (See below)**

[17-24] UNWIND 3/8, CROSS-SIDE-RECOVER, CROSSING SHUFFLE, CROSS-SWEEP x 2, ROCK-RECOVER

1 Unwind 3/8 right (weight on RF) [9:00]
2&3 Cross LF over RF, Rock RF to right side, Recover on LF
4&5 Cross RF over LF, Step LF to side, Cross RF over LF sweeping LF back to front
6 Cross LF over RF sweeping RF back to front
7 Cross RF over LF sweeping LF back to front

***RESTART HERE Wall 4 (See below)**

8& Rock forward on LF, Recover on RF

[25-32] 1/2 TURN, SHUFFLE 1/2 TURN, COASTER STEP, 3/4 TURN, BACK ROCK-RECOVER

1 1/2 turn left stepping forward on LF [3:00]
2&3 1/4 turn left stepping forward on RF, Step LF next to RF, 1/4 left stepping back slightly on RF [9:00]
4&5 Step back on LF, Step RF next to LF, Step forward on LF
6-7 Pivot 1/2 right (weight on RF), 1/4 turn right stepping LF to side [6:00]
8& Rock RF behind LF, Recover on LF

****START AGAIN****

***RESTART Wall 4: Omit the LF sweep (Count 7) & replace the ROCK-RECOVER (Counts 8&) with:**

8 Pivot 1/4 left (weight on LF)

***OPTIONAL STEP-CHANGE: When she sings "Why won't you let me?" (Wall 2) and "before you lose me" (Wall 6)**

she draws "me" out over three counts. In these two walls, replace the CROSS, ROCK, RECOVER, TOUCH BACK (Counts 5 - 8) with:

5 Lunge forward on LF turning 1/8 right (right leg is stretched with toe pointing down) [4:30]
6-7-8 Hold for three full counts, slowly raising right arm forward & up

*ENDING Wall 11 after 7 counts facing [12:00]
Last Update - 13 Feb. 2020-R3
