

U.B. Nightclub

COPPER KNOB
STEPSHEETS

拍数: 16 墙数: 2 级数: Beginner smooth NC
编舞者: Ronald "RONNIE" Grabs (DE) - January 2020
音乐: You Raise Me Up - Westlife



(or any other Nightclub)

2x NC BASIC / 1/4 R STEP w. SWEEP / CROSS-BACK / 1/2 L STEP w. SWEEP / CROSS-BACK

1,2& RF step to R side, LF next to RF slightly behind (3rd), RF cross step over LF (5th),
3,4& LF step to L side, RF next to LF slightly behind (3rd), LF cross step over RF (5th),
5 turn 1/4 to R (3:00) stepping RF forward and sweep LF forward,
6& LF cross step over RF, RF step back,
7 turn 1/2 to L (9:00) stepping LF forward and sweep RF forward,
8& RF cross step over LF, LF step back,

1/4 R STEP SIDE / 3x SWAY w. 1/8 L / STEP-1/2 PIVOT L / CROSS LUNGE / BACK-SIDE / CROSS LUNGE / BACK-TOG.

1 turn 1/4 to R (12:00) stepping RF to R side,
2&3 sway upper body to L side, sway upper body to R side, sway upper body to L side turning 1/8 L (10:30)
4& RF step forward, turn 1/2 to L (4:30) stepping LF forward,
5 RF lunge step forward,
6& recover weight back onto LF, RF step to R side,
7 LF lunge step forward,
8& recover weight back onto RF, LF step next to RF,

REPEAT