

Perfect One

COPPER KNOB
STEPPERS

拍数: 32 墙数: 1 级数: High Beginner
编舞者: Alice Huo (USA) & Paul Huo (USA) - January 2022
音乐: Perfect - Ed Sheeran : (Album: Divide, Delux - iTunes)



This dance is specially choreographed with easy-to-follow steps as an entry-level, one-wall NC2S for novice beginners

Start: On the word "Love" Approx 3 sec

Restart Round 7 (R7) at 16 ct

Section 1: BASIC NC R, SIDE, BEHIND, SIDE, ROCK, RECOVER, ½, ROCK, RECOVER, ½

- 1, 2& Step R to R (1), rock L behind R (2), recover weight R (&)
- 3, 4& Step L to L (3), step R behind L (4), recover weight L (&)
- 5, 6& Rock R fwd (5), recover weight L (6), ½ R step R together (&)
- 7, 8& Rock L fwd (7), recover weight R (8), ½ L step L together (&)

Section 2: R SERPIENTE, CROSS ROCK, RECOVER L & R

- 1, 2& R step forward (1), L step in front of R (2), shift weight to R (&)
- 3, 4& Weave L behind R (3), lift R, draw half circle and land (4), shift weight to L (&)
- 5, 6& R cross rock L (5), recover on L (6), R step to R (&)
- 7, 8& L cross rock R (7), recover on R (8), L step to L (&)

Section 3: SYNCOPATED WEAWE TO L, ROCK, RECOVER, STEP, ROCK, RECOVER, STEP

- 1&2&3, 4& R cross L weave to left (1&2&), R cross rock (3), recover (4), step R (&)
- 5&6&7, 8& L cross R weave to right (5&6&), L cross rock (7), recover (8), L step back (&)

Two versions of Section 4 (4A and 4B) are used alternatively for different rounds of this dance

Section 4A (R1, R3, R5, R8): SLOW WALK, FORWARD, BACK

- 1, 2, 3, 4& Forward R (1), L (2), R (3), L forward rock (4), recover on R (&)
- 5, 6, 7, 8& Backward L (5), R (6), L (7), R back rock (8), recover on L (&)

Section 4B (R2, R3, R4, R6): FULL VOLTA TURN R, SERPIENTE

- 1&2&3&4& R gimpy leg full circle around, alternating weight on R, L
- 5, 6&7, 8& Circle weave in rhythm of NC2S in the same style as in Section 2

There are a total of 9 rounds. Each round should be finished as follows:

R1 (32 Ct) Finish last 8 ct (Section 4A) with slow walk

R2 (32 Ct) Finish last 8 ct (Section 4B) with full volta turn right and serpiente

R3 (40 Ct) Finish last 16 ct with 8 ct of slow walk (Section 4A) and 8 ct of full volta turn right and serpiente (Section 4B)

R4 (32 Ct) Finish last 8 ct (Section 4B) with full volta turn right and serpiente

R5 (32 Ct) Finish last 8 ct (Section 4A) with slow walk

R6 (32 Ct) Finish last 8 ct (Section 4B) with full volta turn right and serpiente

R7 (16 Ct) Restart after 16 ct

R8 (32 Ct) Finish last 8 ct (Section 4A) with slow walk

R9 (16 Ct) End the dance at L cross rock R, recover on R, stop

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Last Update - 10 Mar 2022 r3