

Chase The Tide

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Hayley Wheatley (UK) & Nathan Gardiner (SCO) - October 2023
音乐: I Feel It In The Wind - Smith & Thell



Intro: 16 counts

Rock Forward, Recover, Coaster Step, Rock Forward, Recover, Shuffle $\frac{3}{4}$ L

1-2 Rock forward on R, Recover on L
3&4 Step back on R, Step L next to R, Step forward on R
5-6 Rock forward on L, Recover on R
7&8 Shuffle $\frac{3}{4}$ L stepping L, R, L (3:00)

Kick Ball Cross, Kick Ball Cross, Chasse R, Rock Back, Recover

1&2 Kick R to R diagonal, Step R next to L, Cross L over R
3&4 Kick R to R diagonal, Step R next to L, Cross L over R
5&6 Step R to R side, Step L next to R, Step R to R side
7-8 Rock back on L, Recover on R

Dorothy Steps L & R, Rock Forward, Recover, $\frac{1}{2}$ L, $\frac{1}{2}$ L

1-2& Step L to L diagonal, Lock R behind L, Step forward on L
3-4& Step R to R diagonal, Lock L behind R, Step forward on R
5-6 Rock forward on L, Recover on R
7-8 $\frac{1}{2}$ L stepping forward on L, $\frac{1}{2}$ L stepping back on R (3:00)

$\frac{1}{4}$ L into Chasse L, Behind, Side L, Scuff, Cross, Step Back, Side R Step

1&2 $\frac{1}{4}$ L stepping L to L side, Step R next to L, Step L to L side (12:00)
3-4 Step R behind L, Step L to L side
5-6 Scuff R forward, Cross R over L
7-8 Step back on L, Step R to R side

Step Pivot $\frac{1}{2}$ R, Step $\frac{1}{4}$ R, Touch, Side R, Touch, Kick Ball Cross

1-2 Step forward on L, Pivot $\frac{1}{2}$ R (6:00)
3-4 $\frac{1}{4}$ R stepping L to L side, Touch R next to L (9:00)
5-6 Step R to R side, Touch L next to R
7&8 Kick L to L diagonal, Step L next to R, Cross R over L

Kick Ball Cross, Side Rock, Recover, Behind, $\frac{1}{4}$ R, Step Pivot $\frac{1}{2}$ R with knee pop

1&2 Kick L to L diagonal, Step L next to R, Cross R over L
3-4 Rock out to L side, Recover on R
5-6 Step L behind R, $\frac{1}{4}$ R stepping forward on R (12:00)
7-8 Step forward on L, Pivot $\frac{1}{2}$ R (keeping weight on L popping R knee forward) (6:00)

Ball Step, Hold, Ball Step, Hold, Ball Step, Rock Forward, Recover, Step Back

&1-2 Step R next to L, Step forward on L, Hold
&3-4 Step R next to L, Step forward on L, Hold
&5 Step R next to L, Step forward on L
6-7 Rock forward on R, Recover on L
8& Step back on R sweeping L from front to back

Behind, $\frac{1}{4}$ R, Step Pivot $\frac{3}{4}$ R, Chasse L, Rock Back, Recover

1-2 Step L behind R, $\frac{1}{4}$ R stepping forward on R (9:00)

- 3-4 Step forward on L, Pivot $\frac{3}{4}$ R (6:00)
- 5&6 Step L to L side, Step R next to L, Step L to L side
- 7-8 Rock back on R, Recover on L

Tag 1: End of wall 1 (Facing 6:00)

Step Forward, Sweep, Cross, Side R, Behind, Sweep, Behind, Side L

- 1-2 Step forward on R, Sweep L from back to front
- 3-4 Cross L over R, Step R to R side
- 5-6 Step L behind R, Sweep R from front to back
- 7-8 Step R behind L, Step L to L side

Step Forward, Rock Forward, Recover, $\frac{1}{2}$ L, Step Pivot $\frac{1}{2}$ L, Walk Forward R, L

- 1 Step forward on R
- 2-3 Rock forward on L, Recover on R
- 4 $\frac{1}{2}$ turn L stepping forward on L
- 5-6 Step forward on R, Pivot $\frac{1}{2}$ L
- 7-8 Step forward on R, Step forward on L

Tag 2: During wall 3, performed after 32 counts (Facing 12:00), Afterwards restart the dance again.

Step Forward, Sweep, Cross, Side L, Behind, Sweep, Behind, Side R

- 1-2 Step forward on L, Sweep R from back to front
- 3-4 Cross R over L, Step L to L side
- 5-6 Step R behind L, Sweep L from front to back
- 7-8 Step L behind R, Step R to R side

Step Forward, Rock Forward, Recover, $\frac{1}{2}$ R, Step Pivot $\frac{1}{2}$ R, L Lock Step

- 1 Step forward on L
- 2-3 Rock forward on R, Recover on L
- 4 $\frac{1}{2}$ R stepping forward on R
- 5-6 Step forward on R, Pivot $\frac{1}{2}$ R
- 7&8 Step forward on L, Lock R behind L, Step forward on L

Restart: On wall 6 after 28 counts (facing 12:00).Modify counts 29-32 to:

- 29-30 Cross Rock RF over L, Recover onto L
 - 31-32 Side Rock RF to R side, Recover onto L, then restart the dance
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