

Before Your Love

COPPER KNOB
STEPSHEETS

拍数: 40 墙数: 4 级数: Intermediate/Advanced nightclub
编舞者: Max Perry (USA)
音乐: Before Your Love - Kelly Clarkson



SIDE, ROCK STEP, ¼ TURN LEFT, STEP FORWARD

1-2& Large step to right side with right foot, rock left back in 5th position, step right in place
3 Turn ¼ left as you step left forward

¼ LEFT, ROCK SIDE, CROSS, ROCK SIDE, CROSS

4&5 Turn ¼ left as you rock right to right side, step left in place, cross step right over left
6&7 Rock left to left side, step right in place, cross step left over right

TURN ¼ LEFT & STEP BACK, TURN ¼ LEFT & STEP SIDE, STEP FORWARD

8&1 Turn ¼ left as you step right back, turn ¼ left as you step left side, step right forward

ROCK FORWARD (CONTRA CHECK), IN PLACE, STEP BACK, STEP BACK TURNING ½ LEFT, STEP FORWARD, FORWARD

2&3 Rock left forward, step right in place, step left back
4&5 Step right back & turn ½ left, step left forward finishing turn, step right forward

ROCK FORWARD (CONTRA CHECK), IN PLACE, STEP BACK, STEP BACK TURNING ¼ LEFT, STEP SIDE, STEP FORWARD

6&7 Rock left forward, step right in place, step left back
8& Step right back & turn ¼ left, step left to left side

2 WALKS FORWARD, ¾ PADDLE TURN RIGHT, 2 WALKS FORWARD, ¾ PADDLE TURN RIGHT

1-2 Step right forward, step left forward
3& Step right forward toe turned out, rock left to left side & slightly back with ball of foot
4& Step right in place turning toe out to right, rock left side & slightly back with ball of foot

Total amount of turn should be ¾ to the right on the paddle turn

5-8& Repeat counts 1-4&

3 FORWARD WALKS, OUT, OUT, SYNCOPATED CROSS ROCK, 360 CHAINÉ TURN LEFT

1-2 Step forward right, left
3&4 Step forward right, step left to left side, step right to right side (out, out)
5& Cross rock left over right, step right in place (cross rock)
6-7-8 Turn ¼ left as you step left forward, step right next to left as you turn ¾ left, step left to left side

This is similar to a 360 turn or rolling vine, etc, except that the feet come together in the middle

SYNCOPATED CROSS ROCK, 360 CHAINÉ TURN RIGHT, SYNCOPATED CROSS ROCK, CROSS UNWIND 360

1& Cross right over left, step left in place (cross rock)
2-3-4 Turn ¼ right as you step right forward, step left next to right as you turn ¾ right, step right to right side

Same turn as above except turning right

5&6 Cross rock left over right, step right in place, step left to left side
7-8 Cross right over left and unwind turning a full turn left over counts 7-8

REPEAT

TAG 1

After you do the dance 2 times

- 1-2& Step right to right side, rock left behind right, step right in place
- 3-4& Step left to left side, rock right behind left, step left in place

TAG 2

On the 5th repetition of the dance

You will dance the entire dance through the last section up to count 4 which would be the syncopated cross rock and chainé turn to the right. Leave off the syncopated cross rock and the cross unwind turn (counts 5-8) and instead just step left next to right (together) for a count of &, then start the dance over from the beginning. The very last time you do the dance the song will slow down to almost a complete stop (ritard). You will have just completed the cross unwind at the end of the sequence. Hold and raise both arms up over head slowly, then extend arms out to sides. When the beat kicks in, start the dance over one more time and you should stop facing your original starting wall by count 7 of the first set for a final pose
