

Into Your System

COPPER KNOB
STEPPERS

拍数: 64 墙数: 4
编舞者: Carol Jasper (AUS)
音乐: Into Your System - Eliza

级数: Intermediate/Advanced



Intro: 14 Counts

Sequence:

Wall 1: 52 (9:00)

Wall 2: 36 (6:00)

Wall 3: 52 (3:00)

Wall 4: 64 (12:00)

Bridge Tag: (12:00)

Wall 5: 64& (9:00)

Wall 6: 64 (6:00)

- §1 Cross Side Sailor ¼ Turn. Cross ½ Turn Coaster**
123&4 Cross Right over Left, Step Left to Left, Cross Right behind Left, Turn ¼ Right Step Left to the Left, Step Right to Right [3:00]
56 Cross Left over Right, Turn ½ Left Step Right Back [9:00]
7&8 Step Left back, Step Right beside Left, Step Left forward
- §2 Cross Side Behind Side Cross, Forward Rock ¼ Turn Back Rock**
12 Cross Right over Left, Step Left to Left,
3&4 Step Right behind Left, Step Left to Left, Cross Right over Left
56 Rock Left forward, Recover on Right
78 Turn ¼ Left Rock Left back, Recover on Right [6:00]
- §3 Forward Shuffle, Pivot ½ Turn Forward Shuffle, Full Turn**
1&2 Step Left forward, Right beside Left, Step Left Forward
34 Step Right forward, Pivot ½ Turn Left [12:00]
5&6 Step Right forward, Left beside Right, Step Right forward
78 Turn ½ Right Step Left back, Turn ½ Right Step Right forward [12:00]
- §4 Rock Step, Coaster Step, Cross And Heel x 2**
12 Rock Left forward, Replace on Right
3&4 Step Left back, Step Right beside, Step Left forward
5&6 Cross Right over Left, Step Left to Left, Right Heel to Right Diagonal,
& Step Right in place
7&8 Cross Left over Right, Step Right to Right, Left Heel to Left Diagonal
& Step Left in place
- §5 Cross Side Behind ¼ Left, Monterey Turn, Rock Recover Cross**
12 Cross Right over Left, Step Left to Left
34 Step Right behind Left, Turn ¼ Left Step Left forward [9:00]
56 Point Right to Right, Turn ½ Right Step Right in place [3:00]
7&8 Rock Left to Left, Recover on Right, Cross Left over Right
- §6 Full Turn, Cross Rock Recover ½ Turn, Shuffle**
1234 Turn ¼ Left Step Right back, Turn ½ Left Step Left forward, Step Right forward, Pivot 1/4 Left weight on Left [3:00]
56 Cross Right over Left recover on Left
7&8 Turn ½ Right Step Right forward, Step Left beside, Step Right forward [9:00]
- §7 Forward Rock Sweep, Sailor Step, Front Sailor x 2**

12&3&4 Rock Left, recover on Right, Sweep Left out, Step Left behind Right, Step Right to Right, Step Left to Left
5&6 Cross Right over Left, Step Left to Left, Step Right in place
7&8 Cross Left over Right, Step Right To Right, Step Left in place

§8 Rock Recover Back Shuffle, Back Rock Forward Full Turn
12 Rock Right forward, Recover on Left
3&4 Step Right back, Step Left beside, Step Right back
56 Rock Left back, Recover on Right
78 Turn ½ Right step back on Left, Turn ½ Right step Right forward [9:00]
& Step Left beside Right (Only apply on end of Wall 5)

Bridge Tag

§1 Side Behind Side Shuffle x 2
123&4 Step Left to Left, Cross Right behind Left, Side, Together, Side
567&8 Step Right to Right, Cross Left behind Right, Side, Together, Side

§2 Lock Step Shuffle X 2
123&4 Step Left diagonally, Lock Right behind, Left shuffle forward
567&8 Step Right diagonally, Lock Left behind, Right shuffle forward

§3 Step Forward Hold x 2
1234 Left forward diagonally, Hold 3 counts (stretch & open hands out to both sides)
5678 Step Right forward diagonally, Hold 3 Counts (weight on left) (stretch & open hands out to both sides)

§4 Step Backward Hold X 2
1234 Step Right backward diagonally, Hold 3 Counts (stretch & open hand out to both sides)
5678 Step Left backward diagonally, Hold 3 Counts (stretch & open hand out to both sides)

§5 Heel Bounce, Kick

1234 Right Heel bounce x 3, Kick Right forward.
