

Settle Down

COPPER KNOB
STEPPERS

拍数: 40 墙数: 4 级数: Intermediate
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音乐: Settle Down - The McClymonts : (CD: Chaos & Bright Lights - 4:21)



Start on Vocals after 14 secs.

Toe Switches. Back Rock. Right Shuffle Forward. Heel Switches.

- 1& Touch Right toe to Right side. Step Right beside Left.
- 2& Touch Left toe to Left side. Step Left beside Right.
- 3 – 4 Rock back on Right. Rock forward on Left.
- 5&6 Right shuffle forward stepping Right. Left. Right.
- 7& Touch Left heel forward. Step Left together.
- 8& Touch Right heel forward. Step Right together. (^^^ - 1st and 3rd Restarts)

Forward Rock. 1/2 Turn Left. 1/2 Turn Left. 1/2 Turn Left. 1/2 Turn Left. Back. Back. Left Coaster.

- 1 – 2 Rock forward on Left. Rock back on Right.
- 3& Turn 1/2 turn Left stepping forward on the Left. Turn 1/2 turn Left stepping back on the Right
- 4& Turn 1/2 turn Left stepping forward on the Left. Turn 1/2 turn Left stepping back on the Right
- 5 – 6 Step back on Left. Step back on Right.
- 7&8 Step back on Left. Step Right beside Left. Step forward on Left.

Easy Option for Counts 3&4&: Full turn Left. Walk Back Left. Right.

- 3& Turn 1/2 turn Left stepping forward on Left. Turn 1/2 turn Left stepping back on Right.
- 4& Walk back Left. Right.

Side Rock. Forward Rock. Back Rock. Side Rock. Extended Syncopated Weave Left.

- 1&2& Rock Right out to Right side. Recover weight on Left. Rock forward on Right. Rock back on Left.
- 3&4& Rock back on Right. Rock forward on Left. Rock Right out to Right side. Recover weight on Left.
- 5&6& Cross step Right over Left. Step Left to Left side. Cross Right behind Left. Step Left to Left side.
- 7&8& Cross step Right over Left. Step Left to Left side. Cross Right behind Left. Step Left to Left side.

Monterey 1/4 Turn Right. Together. Touch. Hitch. Touch. Together. Cross Unwind. Cross. Unwind.

- 1& Point Right toe out to Right side. Turn 1/4 turn Right stepping Right beside Left.
- 2& Point Left toe out to Left side. Step Left together. (Facing 3 o'clock)
- 3&4 Touch Right toe to Right side. Hitch Right knee slightly across Left. Touch Right toe to Right side.
- &5-6 Step Right together. Cross Left over Right. Unwind 1/2 turn Right. (Weight on Left). (Facing 9 o'clock)
- 7 – 8 Cross Right over Left. Unwind 1/2 turn Left. (Weight on Left). (Facing 3 o'clock)

Cross. Heel Jack. Together. Cross Heel Jack. Together. Pivot 1/2 Turn Left, Pivot 1/2 Turn, Left. Rocking Chair Forward & Back.

- 1& Cross step Right over Left. Step slightly back on Left.
- 2& Touch Right heel diagonally forward Right. Step Right together.
- 3& Cross step Left over Right. Step slightly back on Right.
- 4& Touch Right heel diagonally forward Left. Step Left together. (### - 2nd Restart)
- 5&6& Step forward on Right. Pivot 1/2 turn Left. Step forward on Right. Pivot 1/2 turn Left.
- 7&8& Rock forward on Right. Rock back on Left. Rock back on Right. Rock forward on Left.

Easy Option for Counts 5&6&: Rocking Chair Forward & Back.

5&6& Rock forward on Right. Rock back on Left. Rock back on Right. Rock forward on Left.

Start Again

Note: To maintain the phrasing of the music, the following 3 restarts are required:

^^^ After 8 counts on Wall 4 (facing 9 o'clock), At the & count, touch Right next to Left and restart.

After 36 counts on Wall 5 (facing 12 o'clock),

^^^ After 8 counts on Wall 7 (facing 3 o'clock). At the & count, touch Right next to Left and restart.

Ending: Music slows towards the end - dance to count 31-32, unwind $\frac{3}{4}$ turn Left to face the front.
