

Wipe My Tears

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 4 级数: Intermediate
编舞者: William Sevone (UK) - April 2011
音乐: Song of Repentance - Táng Yù Xuán & Wáng Hé Fang



Choreographers note:- The music is formed around a Buddhist Mantra. The hand movements are an integral part of the dance and the dancer may add as much or as little extra styling as they wish. This dance can also be used as a one wall Advanced Beginner level, by dancing up to Count 32 then restarting..

My thanks to Margaret Koay for bringing this music back to my attention.

Always remember - 'The beat may reach your feet - but the rhythm should electrify your soul'.

Dance starts with the main vocals – feet slightly apart.

2x Dipping Diagonal Cross-Hold-Recover-Side (12:00)

1 – 2 (bending knees) Cross right diagonally forward over left. Hold.

Hands: Both - together in Prayer formation though slightly apart – chest height.

3 – 4 Recover onto left. Step right to right side.

Hands: Both - by sides.

5 – 6 (bending knees) Cross left diagonally forward over right. Hold.

Hands: Both - together in Prayer formation though slightly apart – chest height.

7 – 8 Recover onto right. Step left to left side.

Hands: Both - by sides.

1/2 Side. 1/2 Sweep Behind. 1/4 Fwd. 1/4 Side. 1/2 Sweep Behind. Side (12:00)

9 Turn ½ left & step right to right side (6)

10 – 11 Sweep left foot ½ left & step behind right – 2 counts (12).

12 – 13 Turn ¼ right & step forward onto right (3). Turn ¼ right & step left to left side (6)

14 – 15 Sweep right foot ½ right & step behind left – 2 counts (12).

16 Step left foot to left side.

4x Diagonal Cross-Hold (12:00)

17 – 18 Cross right diagonally forward over left. Hold.

Hands: Left – sweep across body from right and extend to left – palm upward.

19 – 20 Cross left diagonally forward over right. Hold.

Hands: Right – sweep across body from left and extend to right – palm upward.

21 – 22 Cross right diagonally forward over left. Hold.

Hands: Left – sweep across body from right and extend to left – palm upward.

23 – 24 Cross left diagonally forward over right. Hold.

Hands: Right – sweep across body from left and extend to right – palm upward.

2x Long Step Back-Drag Together (12:00)

25 – 28 (25-26) Long step back ward onto right. (27-28) Drag left next to right.

Hands: Both - roll hands (finger tips) from shoulders – forward, down and backward to sides of body.

29 – 32 (29-30) Long step back ward onto left. (31-32) Drag right next to left.

Hands: Both - roll hands (finger tips) from shoulders – forward, down and backward to sides of body.

DANCE NOTE: Advanced Beginners 32 count version – Restart dance from here

1/2 Fwd. Hold. 1/2 Recover. Hold. 2x Side-Hold (12:00)

33 – 34 Turn ½ right & step forward onto right – left heel raised. Hold.

Hand: Right – sweep across body from left – palm upward and extend forward.

35 – 36 (dropping left heel) Recover onto left & turn ½ left with right heel raised. Hold.

Hand: Left – sweep across body from right – palm upward and extend forward.

37 – 38 Step right to right side with left heel raised – turning upper body & head to right. Hold

Hand: Right – sweep across body from left – palm upward and extend to right.

39 – 40 (dropping left heel) Recover onto left with right heel raised – turning upper body & head left.
Hold

Hand: Left – sweep across body from right – palm upward and extend to left.

Recover. Touch. Rock. Recover. 1/2 Forward. Rock. Recover. 1/2 Side (12:00)

41 – 42 (dropping right heel) Recover onto right. Touch left next to right.

43 – 44 Rock forward onto left. Recover onto right

45 – 46 Turn ½ left & step forward onto left (6). Rock forward onto right.

47 – 48 Recover onto left. Turn ½ right & step right to right side (12).

Weave. Side Rock. Recover. Behind. Side. 1/4 Forward (9:00)

49 – 50 Cross left over right. Step right to right side.

51 – 52 Step left behind right. Rock right to right side.

53 – 54 Recover onto left. Step right behind left.

55 – 56 Step left to left side. Turn ¼ left & step forward onto right (9)

Press. Recover. Back. Touch Back. Fwd. 1/2 Pivot. Side Sway. Recover (3:00)

57 – 58 Press forward onto left. Recover onto right.

Hands: Left - Count 57 Extend arm forward.

59 – 60 Step backward onto left. Touch right backward.

61 – 62 Step forward onto right. Pivot ½ left (weight on left) (3)

63 – 64 Step right to right side & sway. Recover onto left.

DANCE FINISH:

The music will slow down on Count 28 of the 6th wall (facing 3:00). Continue dance up to and including Count 32 then do the following:

1 – 4 (1-2) Stepping down onto right foot - turn ¼ left & take large left on left. (3-4) Drag right foot next to left.

Hand: Left – sweep across from right and extend to left with palm up.
