

Find It In

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Joey Warren (USA) - October 2011
音乐: Message in a Bottle - Jay Sean



Step Pivot ½ Turn, Ball-Rock-Recover, Ball-Rock-Step, ¼ Rock & Cross

- 1-2-& Step R fwd, ½ Turn L taking weight on L, Step R beside L
- 3-4-& Rock fwd on L, Recover back on R, Step L back beside R
- 5 – 6 Rock back on R opening body to R, Recover to L and body center
- 7-&-8 ¼ Turn L rocking out on R, Recover over to L, Cross R over L

¼ Turn, ½ Turn Sweep, Rock-Recover, Weave, Rock-Recover-Slide, Weave w/ ¼

- & - 1 ¼ Turn R stepping back on L, ½ Turn R stepping fwd on R sweeping L out
- 2 – 3 Rock fwd on to L, Recover back on R sweeping L out
- 4-&-5 Step L behind R, Step R out to R, Cross rock L over R
- & - 6 Recover back on R, Step L out to L while dragging R toward L
- 7-&-8 Step down on R, Step L behind R, ¼ Turn R stepping R fwd

Ball-Step-Coaster, ¼, ¼ Sweep, Weave w/ Cross, Rock-Recover Half Turn

- & - 1 Ball step L beside R, Step R fwd w/ bent knee like your dipping down slightly
- 2-&-3 Step back on L, Step R back beside L, Step L fwd
- 4-&-5 ¼ Turn R rocking out on R, ¼ Turn L taking weight on L, ½ Turn L stepping back on R & sweeping L around (¼ turns are quick really meant for lower body/feet)
- 6-&-7 Step L behind R, Step R out to R, Cross L over R
- 8-&-1 Rock R out to R, ¼ Turn L recovering weight to L, ¼ Turn L stepping R out to R

Basic R, Basic L, Rock-Recover-Step, Step-Half, R Chase Turn

- 2-&-3 Rock L behind R, Recover down on R, Big step L with L
- 4-&-5 Rock R behind L, Recover down on L, Rock R out to R
- &-6-7 Recover over to L, Step R fwd (slightly lift L foot up), ½ Turn L stepping L fwd
- 8-&-1 Step R fwd, ½ Turn L stepping down on L, Step R fwd (this is 1st count of dance)

Easy Option for last counts

- &-6-7 Recover over to L, Step/Rock R fwd (slightly lift L foot up), Step back on L foot slightly dragging R
- 8-&-1 Step back on R, Step L back beside R, Step fwd on R (1st count of dance)

Restarts: The first one occurs during 2nd wall; The second during the 5th wall.

Dance all the first 16 counts and the & 1 count of the 3rd eight count. The 1 count is the restart and the start of your dance.

So you do your ¼ turn weave of the 2nd 8 and then ball step on the Left and step fwd on the Right which is the start of your dance!

THE END!!!!!! NICE AND SHORT!!! PLEASE ENJOY!!!!!!