

Dance For Hope

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Peter Metelnick (UK) & Alison Metelnick (UK) - February 2011
音乐: I Hope You Dance - Ronan Keating



In Memory of a great lady who we knew for many years who died suddenly: Janet Ellis

Start after 8 count intro on verse vocals.

[1-8] R NC basic, sway hips L&R, L NC basic, sway hips R&L

1-2& Step R side, rock L back, recover weight on R
3-4 Sway L, sway R
5-6& Step L side, rock R back, recover weight on L
7-8 Sway R, sway L (end looking toward left diagonal) (11 o'clock)

[9-16]& R rock fwd & recover, full R chase turn, run forward L&R, L forward rock & recover, step back L, step R back cross step L over R

1-2 Rock R fwd toward diagonal, recover weight on L
&3-4 Turning ½ right step R forward, step L forward, pivot ½ right (11 o'clock)
&5 Run fwd L, R
6&7 Rock L fwd, recover weight on R, step L back
8& Step R back, cross step L over R (squaring off to your 12 o'clock wall) (12 o'clock)

RESTART: During wall 3 restart here facing back wall

[17-24&] R side, L drag tog, L ball cross, L side, R tog turning ¼ R, L fwd, L full turn fwd, R fwd rock & recover, R back

1 Step R side
2&3 Drag L together, step L back, cross R over L
4&5 Step L side, turning ¼ right step R together, step L forward (3 o'clock)
6& Turning ½ left step R back, turning ½ left step L forward (3 o'clock)

Non-turning option: Walk forward R & L

7-8& Rock R forward, recover weight on L, step R back (turning body to right diagonal) (5 o'clock)

[25-32&] L modified jazz box turning to L diagonal, R modified jazz box cross squared to wall, sway R&L, R back rock & recover

1-2& Cross L over R, step R back, turning body toward left diagonal step L to L side (1 o'clock)
3-4&5 Cross R over L, step L back squaring to wall, step R side, cross step L over R (3 o'clock)
6-7 Swap R, sway L
8& Rock R back, recover weight on L

Ending: Dance to count 25 & hold! (12 o'clock)