

Nectar From The Gods

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: John Robinson (USA) - August 2012
音乐: God Made You for Me - Aaron Neville : (CD: To Make Me Who I Am)



Begin 32 counts in with vocals. Track is 5:00m, so feel free to fade as desired.

R ROCK FORWARD, RECOVER, OUT-OUT & CROSS, R SIDE PRESS, FIGURE 4 LIFT TURNING 5/8 RIGHT, OUT-OUT & CROSS

- 1,2 [Press, recover] Press R forward leaning upper body forward (1), Recover L (2)
a3&4 [Out-out & cross] Step R to right side (a), Step L to left side (3), Step R in toward L and slightly back (&), Step L across R (4)
5,6 [Press, turn] Press R to right side leaning upper body slightly right (5), Recover L turning 5/8 right (7:30) while lifting R into figure 4 position (tuck R close to L calf) (6)
a7&8 [Out-out & cross] Step R to right side (a), Step L to left side (7), Step R in toward L and slightly back (&), Step L across R (still facing 7:30) (8)

R PRESS FORWARD, RECOVER, WALK BACK R SWEEPING L, WALK BACK L SWEEPING R, R SAILOR STEP, & SYNCOPATED HALF TURN LEFT, R SIDE POINT

Maintain diagonals during this pattern.

- 1,2 [Press, recover] Press R forward leaning upper body forward (1), Recover L (2)
3,4 [Sweep, sweep] Step R back sweeping L toe counterclockwise (3), Step L back sweeping R toe clockwise (4)
5&6 [Sailor step] Step ball of R behind L (5), Step ball of L side left (&), Step R forward about shoulder-width apart from L (6)
a7&8 [a-Turn-turn-point] Step L across R (a), Turn 3/8 left (3:00) stepping R back (7), Turn 1/4 left (12:00) stepping L side left (&), Point R toe to right side turning 1/8 diagonally left (10:30) (8)

R PRESS FORWARD, RECOVER, SYNCOPATED STEP BACK R-L, R ROCK BACK, L TURN 1/4 LEFT, R STEP SIDE, HIP MOVEMENTS

Maintain diagonals during this pattern.

- 1,2 [Press, recover] Press R forward leaning upper body forward (1), Recover L (2)
a3,4 [a-Back, back] Step R back (a), Step L back (3), Rock R back turning upper body/head right towards 1:30 (body still facing 10:30) (4)
5,6 [Turn, side] Recover L stepping 1/4 turn left (7:30) (5), Step R to right side moving hips right (6)
a7,8 [Left-right, left] Move hips left (a), Move hips right (7), Move hips L shifting weight L (8)

R SAILOR STEP, & 1/4 TURN RIGHT, L STEP FORWARD, R STEP FORWARD, 1/2 PIVOT LEFT, BALL-STEP (MAKING FULL TURN LEFT IF DESIRED), RUN FORWARD

- 1&2 [Sailor step] Step ball of R behind L (1), Step ball of L slightly forward squaring up to 6:00 (&), Step R to right side (2)
a3,4 [a-Quarter, forward] Step ball of L behind R (a), Turn 1/4 right (9:00) stepping R forward (3), Step L forward (4)
5,6 [Half turn] Step ball of R forward (5), Turn 1/2 left (3:00) (6)
a7&8 [Ball-step, run-run] Turn 1/2 left (9:00) stepping ball of R next to L (a), Turn 1/2 left (3:00) stepping L forward (7), Step R forward (&), Step L forward (8)

Non-turning option: Step R next to L (a), Step L forward (7).

START AGAIN AND ENJOY!

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