

Come As You Are

COPPERKNOB
BY STEPHEN

拍数: 80 墙数: 2 级数: Intermediate
编舞者: W.D. Chapman - August 2011
音乐: Come as You Are - Beccy Cole



NOTE: 1 Tag at end of wall 1 & at end of dance (with modification); 1 Restart on Wall 3**

Sect 1: FORWARD, POINT, FORWARD, POINT, CROSS, BACK, SIDE, CROSS

1-2-3-4 R Step fwd, L Toe touch to side left, L Step fwd, R Toe touch to side right
5-6-7-8 R Cross-step over front of L, L Step back, R Step to side right, L Cross-step over R

Sect 2: SWAY, HOLD, SWAY, HOLD, SWAY, HOLD, 1/4 TURN, TOGETHER

1-2-3-4 R Step side right swaying to right, HOLD, Sway weight onto L foot, HOLD
5-6-7-8 Sway weight onto R foot, HOLD, Turn 1/4 left shifting weight onto L, R Step together next to L

Sect 3: ROCK FORWARD, HOLD, RECOVER, 1/2 TURN, FORWARD, TOGETHER, FORWARD, HOLD

1-2-3-4 L Rock-step fwd, HOLD, Recover weight onto R, Turn 1/2 Left stepping fwd on L
5-6-7-8 R small Step fwd, L Step together next to R, R small Step fwd, HOLD

Sect 4: CROSS, SIDE, HEEL, HOLD, BACK-CROSS, SIDE, HEEL. HOLD (VAUDEVILLES)

1-2-3-4 L Cross-step over R, R Step to side right, L Heel touch fwd 45 degrees to left, HOLD
&-5-6 L small Step back(&), R Cross-step over L, L Step to side left,
7-8 R Heel Touch fwd 45 degrees to right, HOLD

Sect 5: BACK-CROSS, SIDE, BEHIND-SIDE-CROSS, ROCK, TURN 1/4, TURN 1/2, TURN 1/2

&-1-2 R small Step back(&), L Cross-step over R, R Step to side right,
3-&-4 L Cross behind R, R Step to side right(&), L Cross-step over R,
5-6 R Rock-step to side right, Turning 1/4 Left Recover weight onto L,
7-8 Turning 1/2 Left Step R back, Turning 1/2 Left Step L fwd

Sect 6: FORWARD, ROCK, BACK, CROSS, DIP, HIP, DIP, HIP

1-2-3-4 R Rock-step fwd, Recover onto L, R Step back, L Cross-step over R,
5-6 R Step side right bending R knee inward (Dip), Bump R Hip up to Right straightening leg (weight on R),
7-8 Sway weight onto L bending L knee inward (Dip), Bump L Hip up to Left straightening leg (weight on L)

(Restart HERE on Wall 3)**

Sect 7: SIDE, ROCK, CROSS, HOLD, 1/4 TURN, 1/4 TURN, FORWARD, ROCK

1-2-3-4 R Rock-step to side right, Recover onto L, R Cross-step over L, HOLD,
5-6 Turn 1/4 Right stepping L back, Turn 1/4 Right stepping R to side right,
7-8 L Rock-step fwd, Recover weight onto R

Sect 8: BACK, CROSS, CHASSE LEFT, BACK, ROCK, 1/4 TURN, 1/2 TURN

1-2-3&4 L Step back, R Cross-step over L, L Step side left, R Step together(&), L Step side left (chasse),
5-6 R Rock-step back, Recover weight onto L,
7-8 1 1/4 Turn left stepping R back, 1/2 Turn left stepping L fwd

Sect 9: FORWARD, HEEL, FORWARD, HEEL, CROSS, BACK, SIDE, CLOSE

1-2 R Step fwd slightly across L, L Heel Tap fwd 45 degrees to left,
3-4 L Step fwd slightly across R, R Heel Tap fwd 45 degrees to right,

5-6-7-8 R Cross-step over L, L Step back, R Step to side right, L Step together next to R (weight on L)

Sect 10: FORWARD, ROCK, 1/2 TURN, 1/4 TURN, CROSS, ROCK, SIDE, CLOSE

1-2-3-4 R Rock-step fwd, Recover onto L, 1/2 Turn Right stepping R fwd, 1/4 Turn Right stepping L to side,

5-6-7-8 R Cross-rock over front of L, Recover onto L, R Step to side right, L Step together (weight on L)

TAG: SIDE, TOUCH, SIDE-TOUCH, HOLD, HIP, HIP, HIP, HIP

1-2 R Step to side right, L Touch together next to R,

&3-4 L Small Jump to side left(&), R Touch together next to L, HOLD,

5-6-7-8 R Small Step to side right Swaying Hips R-L-R-L (finish with weight on L)

FINISH: Dance TAG counts 1-2- &3-4 - THEN –

5 Tuck R Toe across behind L (count 5),

6-7 Unwind 180 degrees right (WEIGHT onto L),

8 R Cross-step slightly over L throwing both arms outward in a “HERE I AM !” pose.

Auckland, New Zealand, e-mail: billchap@xtra.co.nz , Tel/fax: 64 9 834 4202, mobile; 021 160 4170
