

A & A On Our Mind

COPPER KNOB
STEPPERS

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Nathalie Martin (FR) - August 2013
音乐: Last Thing On My Mind - Ronan Keating & LeAnn Rimes : (CD: Turn It On, Ronan Keating)



Alt. music: "Stella I" by Swamp Rat – [96 bpm] (cd: Swamp Rat)

Intro: 8 counts, on the 2 musics.

SIDE RIGHT, STEP FORWARD (= end of Jazz Box), TRIPLE LOCK STEP BACK, POINT BACK, UNWIND, TRIPLE STEP FORWARD

1 – 2 Right foot to side, left foot step forward,
3 & 4 Triple lock step back (R-L-R),
5 – 6 Point left back, unwind ½ turn to left (end weight on left foot),
7 & 8 Triple step forward (R-L-R),

SWAYS, TRIPLE LOCK STEP BACK, POINT BACK, UNWIND, TRIPLE STEP FORWARD

9 – 10 Left foot to side with sway, right foot to side with sway,
11 & 12 Triple lock step back (L-R-L),
13 – 14 Point right back, unwind ½ turn to right (end weight on right foot),
15 & 16 Triple step forward (L-R-L)

SIDE, CROSS BEHIND, SIDE ROCK-CROSS BEHIND, SIDE, CROSS OVER, SIDE ROCK-CROSS OVER

17 – 18 Right foot to side, left foot cross behind right foot,
19 & 20 Rock right foot to side, recover to the left, right foot cross behind left foot,
21 – 22 Left foot to side, right foot cross over left foot,
23 & 24 Rock left foot to side, recover to the right, left foot cross over right foot,

SIDE, BEHIND, ¼ TURN & TRIPLE STEP FORWARD, STEP ½ TURN, SYNCOPATED TRAVELLING PIVOT-STEP

25 – 26 Right foot to side, left foot cross behind right foot,
27 & 28 ¼ turn to the right and triple step forward (R-L-R),
29 – 30 Step forward on left, ½ turn to the right and step forward on right,
31 & 32 ½ turn to the right and step back on left, ½ turn to the right and step forward on right, step forward on left

LUNGE, DRAG, SAILOR STEP with ¼ TURN LEFT, FULL TWIST TURN RIGHT

33 – 34 Long step with right foot to side, left foot drag next to right foot (weight stay on right foot),
35 & 36 Left foot step behind right foot with ¼ turn to the left, right foot to side, left foot step on place,
37 – 40 Right foot cross behind left foot, unwind complete 1 turn to the right during 3 counts (ending weight on right foot)

Restart on music "Last Thing On My Mind": on the 2nd wall, restart the dance at the begining (Be careful, the counts 37 – 40 are modified during the Restart! Explanation at the end of choreography)

SIDE, BEHIND, ¼ TURN & TRIPLE STEP FORWARD, SIDE, HINGE ½ TURN, LOCK, BACK (= start half of Jazz Box)

41 – 42 Left foot to side, right foot cross behind left foot,
43 & 44 ¼ turn to the left and triple step forward (L-R-L),
45 – 46 Right foot to side, ½ turn to the left (on right leg) and left foot to side,
47 – 48 Right foot cross over left foot, step back on left.

On music "Last Thing On My Mind":

Restart: On the second wall, replace counts 37 - 40 with:

37 – 40 Right foot cross over left foot, unwind $\frac{3}{4}$ turn to the left during 3 counts (ending weight on left foot) (and then you are on 6:00) and restart the dance at the beginning (make the first 40 counts and restart the dance at the beginning).

TAG (8 counts) at the end of 4th wall, make the TAG and restart the dance at the beginning:

(SIDE, TOUCH)x2, SIDE, (HINGE $\frac{1}{2}$ TURN)x2, TOGETHER

1 – 2 Right foot to side, left foot touch next to right foot,

3 – 4 Left foot to side, right foot touch next to left foot,

5 – 6 Right foot to side, $\frac{1}{2}$ turn to the left (on right leg) & left foot to side,

7 – 8 $\frac{1}{2}$ turn to the left (on left leg) & right foot to side, left foot step next to right foot.

On music "Stella I":

TAG (4 counts) at the end of 2nd and 4th walls, make the TAG and restart the dance at the beginning:

SLOW THREE STEP TURN, TOGETHER

1 – 2 $\frac{1}{4}$ turn to the right & step forward on right foot, $\frac{1}{4}$ turn to the right & left foot to side,

3 – 4 $\frac{1}{2}$ turn to the right & right foot to side, left foot step next to right foot (ending weight on left foot).

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