

My light

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Advanced NC2S
编舞者: Guyton Mundy (USA) & Dave Morgan (UK) - September 2013
音乐: Mmm... - Laura Izibor



16 count intro, start on vocals.

[1-8] right nightclub basic 1/4, sweep 1/4, cross 1/4, 1/2, pivot full turn, back, back, 1/4.

- 1, 2& Step right foot to right side, step left foot together, cross right foot over left.
- 3 Make a 1/4 turn left stepping forward left. (9 o'clock)
- 4 Make a further 1/4 turn left sweeping right foot around. (6 o'clock)

(Dance 3-4 as one smooth movement)

- &5 Cross right foot over left, make a 1/4 turn right stepping back on left,
- & Make a 1/2 turn right stepping forward right. (3 o'clock)
- 6&7 Step forward left pivot 1/2 turn, continue turning a further 1/2 turn right stepping back left. (3 o'clock)
- &8& Step back on right, step back on left, make a 1/4 turn right stepping right to right side. (6 o'clock)

[9-17] left cross rock side, cross unwind full turn, side, sway, sway, sway, right back rock, step forward.

- 1&2 Cross rock left over right, recover weight on to right, step left foot to left side.
- 3-4 Cross right foot over left, unwind a full turn over left (weight stays on left foot)
- 5 Step right to right side. (6 o'clock)
- 6&7 Sway left, sway right, sway left.
- 8&1 Rock right behind left, recover weight forward on to left, [*Restart on wall 2] step forward on right foot to right diagonal. (7.30)

[18-24] sweep 1/2, press, back 1/2, lift, back rock, recover, 1/2, side, cross.

- 2 Sweep left foot around making a 1/2 turn right. (1.30)
 - 3 Press weight on left to the diagonal (1.30)
- (styling, lean forward and slightly down in to the press as you extend left arm forward and slightly down and right arm back and slightly up)**
- 4& Step back on to right, make a 1/2 turn left stepping on to left foot. (7.30)
 - 5 Raise up on to ball of left foot as you lift and extend the right leg forward pointing right toes.
 - 6-7 Rock back on right foot, step forward on left foot. (7.30)
 - &8& Make a half turn left stepping back on to the ball of the right foot, step left foot together, Cross right foot over left (level up to 12 o'clock)

(&8& is almost a small fluid jump in to the turn)

[25-32] left nightclub basic 1/4, pivot 3/4, step side, behind, side, step forward, forward rock, recover, 1/2, 1/4

- 1, 2&3 Step left foot to left side, step right foot together, cross left foot over right, Make a 1/4 turn right stepping forward right. (3 o'clock)
- 4&5 Step forward on left foot, pivot 3/4 turn over right, step left foot to left side 12 o'clock)
- 6&7 Step right foot behind left, step left foot to left side, step forward on right foot.
- &8& Rock forward on left foot, recover weight on to right foot, make a half turn stepping forward on to left foot. Make a 1/4 turn left as you Restart to dance at 3 o'clock.

***Restart the dance on wall 2 after 16 counts, you will be facing 9 o'clock.**

- 6&7-8& sway, sway, sway, behind rock, recover.....Restart.

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