

Painting Pillows

COPPER KNOB
STEPPERS

拍數: 48 牆數: 2 級數: Advanced waltz
編舞者: Rachael McEnaney (USA) - October 2015
音樂: Painting Pillows - Lauren Alaina



Count In: 24 counts from start of track, dance begins on vocals. Approx 114 bpm

Notes: 1 Restart on 3rd wall.

**** Special thanks to Joey Warren for suggesting this track ****

[1 – 6] Fwd R, hold, fwd L, ¼ turn L rocking R to R

1 2 3 Step forward R (1), hold as you drag L (or slight sweep) towards R (2,3) 12.00
4 5 6 Step forward L (4), make ¼ turn left as you rock R to right side (5), recover weight L (6) 9.00

[7 – 12] Syncopated weave L, R cross, unwind ¾ turn L

1 & 2 3 Cross R over L (1), step L to left side (&), cross R behind L (2), step L to left side (3) 9.00
4 5 6 Cross R over L (4), unwind a slow ¾ turn left weight (5), finish ¾ turn left transferring weight onto L (6) 12.00

Restart: 3rd wall begins facing 12.00, do the first 12 counts then start again. 12.00

[13 – 18] Fwd R, ½ R stepping back L, back R, back L, point R, ½ spiral turn R,

1 2 3 Step forward R (1), make ½ turn right as you step back L (2), step back R (3) 6.00
4 5 6 Step back L (4), point R to right side (prep your upper body left) (5), make ½ turn right on ball of L (R toe remains in place) (6) 12.00

[19 – 24] R fwd, ½ right sweeping L, L cross, R chasse

1 2 3 Step forward R as you begin to make ½ turn right sweeping L (1), continue the ½ turn right (2,3) (weight ends R) 6.00
4 5 & 6 Cross L over R (4), step R to right side (5), step L next to R (&), step R to right side and angle body to R diagonal (7.30) (6) 7.30

[25 – 30] L fwd (diagonal), ½ L doing R lock step back, ½ turn L fwd L, fwd R, ½ pivot L

1 2 & 3 Step L forward (toward 7.30) (1), make ½ turn left stepping back R (2), cross L over R (&), step back R (3) 1.30
4 5 6 Make ½ turn left stepping forward L (4), step forward R (5), pivot ½ turn left (weight ends L) (6) 1.30

[31 – 36] R fwd (diagonal) ½ R doing L lock step back, 3/8 turn fwd R as you hitch L knee and make further ¼ R

1 2 & 3 Step R forward (1), make ½ turn right stepping back L (2), cross R over L (&), step back L (3) 7.30
4 5 6 Make 3/8 turn right stepping forward R as you hitch L knee and continue to make another ¼ turn R on ball of R (4, 5, 6) 3.00

[37 – 42] L twinkle with ¼ turn L, fwd R, L fwd rock with L sweep

1 2 3 Cross L over R (1), step R to right side (2), make ¼ turn left stepping forward L (3) 12.00
4 5 6 Step forward R (4), rock forward L (5), recover weight R as you sweep L (6) 12.00

[43 – 48] L back with R sweep, R back with L sweep, L back, 2.5 turns R (or easier alternatives)

1 2 3 Step back L sweeping R (1), step back R sweeping L (2), step back L (3) 12.00
4 5 Make ½ turn right stepping forward R (4), make ½ turn right stepping back L (5), 12.00
& 6 & Make ½ turn right stepping forward R (&), make ½ turn right stepping back L (6), make ½ turn right on ball of L ready to start again (&) 6.00

Option:

Easy option for counts 4 – 6: Make ½ turn right stepping forward R (4), run forward L-R-L (5&6)
Medium option for counts 4-6: Make ½ turn right stepping forward R (4), make ½ turn right stepping back L (5), cross R over L (&), step back L (6), make ½ turn right on ball of L ready to start again (&)

START AGAIN - HAPPY DANCING

Contact: www.dancewithrachael.com - dancewithrachael@gmail.com - Tel: +1 407-538-1533 - +44 7968181933
