

Nerves of Steel

COPPER KNOB
STEPMATS

拍數: 44 牆數: 2 級數: Intermediate NC2S
編舞者: Rep Ghazali (SCO) - January 2016
音樂: Heart Half Empty - Ty Herndon & Stephanie Bentley



#10 count intro start on vocal, available on download from iTunes and Amazon

[01-09] R BASIC, L SIDE-R BEHIND- $\frac{1}{4}$ TURN L, SPIRAL $\frac{3}{4}$ TURN L, L SIDE-TOGETHER-L DIAGONAL FORWARD, R MAMBO $\frac{1}{2}$ TURN □

- 1-2& big step Right to Right side, rock back Left, recover on Right
- 3-4& big step Left to Left side, step Right behind Left, $\frac{1}{4}$ turn Left stepping forward Left (9)
- 5 step forward Right and make a spiral $\frac{3}{4}$ turn Left and weight still on Right (12)
- 6&7 step Left to Left side, step Right together, step diagonally forward Left on Left (10.30)
- 8&1 rock forward Right, recover on Left, step forward Right to face opposite Right corner (4.30)

[10-17] PRISSY WALK L & R. L SWEEP CROSS-BACK-BACK DRAG, R BEHIND-SIDE-FWD, L STEP- $\frac{1}{2}$ TURN-STEP

- 2-3 cross walk Left over Right, cross walk Right over Left (4.30)
- 4&5 sweep and cross Left over Right, step back Right, big step back on Left and dragging Right together (4.30)
- 6&7 step Right behind Left, step forward Left to face Left corner (1.30), step forward Right (1.30)
- 8&1 step forward Left, $\frac{1}{2}$ pivot turn Right to face the opposite corner (7.30), step forward Left (7.30)

[18-24] FULL TURN L, STEP- $\frac{1}{2}$ PIVOT, R RUN-L RUN-R ROCK FWD, RECOVER L-& $\frac{1}{2}$ TURN L, FULL SPIRAL L

- 2&3& $\frac{1}{2}$ turn Left stepping back Right (1.30), $\frac{1}{2}$ turn Left stepping forward Left (7.30), step forward Right, $\frac{1}{2}$ pivot turn Left (1.30)
- 4&5 run small step forward Right, run small step forward Left, rock forward Right (1.30)
- 6&7 recover on Left (1.30), step Right together, make $\frac{1}{2}$ turn Right as you step forward on Left to face the opposite corner (7.30)
- 8 step forward Right and make a spiral full turn Left and weight still on Right (7.30)

[25-32] L SHUFFLE FWD, R SWEEP CROSS-L SIDE-R TOUCH, R BUMP-L BUMP-R SIDE, WEAVE R TOUCH

- 1&2 step forward Left, step Right together, step forward Left (7.30)
- 3&4 sweep Right and cross step over Left, $\frac{1}{8}$ turn Left squaring to back wall stepping Left to Left side, touch Right together (6)
- 5&6 with Right touching Left do hip bump to Right, hip bump to Left, big step Right to Right side
- 7&8& cross Left behind Right, step Right to Right, cross Left over Right, touch Right together (6)

Restart: 2nd wall

[33-40] R BASIC & L BASIC, R FWD, L STEP- $\frac{1}{2}$ TURN- $\frac{1}{2}$ TURN, R ROCK BACK-RECOVER

- 1-2& big step Right to Right side, rock back Left, recover Right
- 3-4& big step Left to Left side, rock back Right, recover Left
- 5 step forward Right
- 6&7 step forward Left, $\frac{1}{2}$ pivot turn Right, $\frac{1}{2}$ turn Right stepping back on Left
- 8& rock back Right, recover on Left (6)

[41-44] PRISSY WALK R & L, R FWD- $\frac{1}{2}$ PIVOT X2

- 1-2 cross walk Right over Left, cross walk Left over Right
- 3&4& step forward Right, $\frac{1}{2}$ pivot turn Left, step forward Right, $\frac{1}{2}$ pivot turn Left (6)

RESTART: 2nd wall dance up to count 32 and Restart facing front wall

