

Follow My Lead

COPPER KNOB
BY SHEETS

拍數: 32 牆數: 2 級數: High Intermediate
編舞者: Malene Jakobsen (DK) - March 2017
音樂: Perfect - Ed Sheeran : (Album: Divide - Deluxe - iTunes)



Intro: 1 count after he starts singing 3 seconds into track, dance begins with weight on R

Tag: There is an 8 count tag after wall 3, you will be facing 6.00

Restart: There is a Restart on wall 7 after 16 counts, you will be facing 12.00

[1-9] Fwd., fwd. rock, back, back rock, 1/4, behind with sweep, behind side cross with sweep, R twinkle

- a1-2 (a) Step fwd. on L, (1) rock fwd. on R, (2) recover onto L 12.00
a3-4 (a) Step back on R, (3) rock back on L, (4) recover onto R 12.00
a5 (a) Turn 1/4 R stepping L to L, (5) cross R behind L sweeping L from front to back 3.00
6a7 (6) Cross L behind R, (a) step R to R, (7) cross L over R sweeping R from back to front 3.00
8&a (8) Cross R over L, (&) step L diagonally fwd. L, (1) step R diagonally fwd. R 3.00
1 (1) Cross L over R sweeping R from back to front 3.00

[10-16] Jazz 1/2 with sweep, L twinkle, cross, side rock, cross, 3/4, run, step fwd.

- 2a3 (2) Cross R over L, (a) turn 1/4 R stepping back on L, (3) turn 1/4 R stepping fwd. on R sweeping L from back to front 9.00
4&a (4) Cross L over R, (&) step R diagonally fwd. R, (a) step L diagonally fwd. L 9.00
5a6 (5) Cross R over L, (a) rock L to L, (6) recover onto R 9.00
a7 (a) Cross L over R, (7) turn 1/4 L stepping back on R and keeping turning another 1/2 L on ball of R 12.00
8&a (8&a) Run fwd. L, R, L 12.00

NOTE Restart here on wall 7 – (a) is the beginning of the dance, you'll be facing 12.00

[17-25] Fwd., 1/2, step, 3/4 with sweep, behind side, cross rock, side, cross rock, rolling vine into sway

- 1 (1) Step fwd. on R 12.00
2a3 (2) Turn 1/2 L – weight on L, (a) step fwd. on R, (3) turn 1/2 R stepping back on L and continue another 1/4 R on ball of L sweeping R from front to back 3.00
4a (4) Cross R behind L (a) step L to L 3.00
5-6a (5) Rock R across L, (6) recover onto L, (a) step R to R 3.00
7-8 (7) Rock L across R, (8) recover onto R 3.00
&a1 (a) Turn 1/4 L stepping fwd. on L, (a) turn 1/2 L stepping back on R, (1) turn 1/4 L stepping L to L and sway 3.00

[26-32] Sways, side, back rock, 1/4, side, cross, 1/4, 3/4 with sweep, step fwd.

- 2-3 (2) Sway R, (3) sway L 3.00
4&a (4) Step R to R, (&) rock back on L, (a) recover onto R 3.00
5a6 (5) Turn 1/4 R stepping back on L, (a) step R to R, (6) cross L over R 6.00
a7-8 (a) Turn 1/4 L stepping back on R, (7) turn 1/2 L stepping fwd. on L and continue turning another 1/4 L on ball of L sweeping R from back to front, (8) step fwd. on R 6.00

TAG Fwd., fwd. rock, back, back rock, fwd., step 1/2 turn, fwd., step 1/2 turn

- a1-2 (a) Step fwd. on L, (1) rock fwd. on R, (2) recover onto L
a3-4 (a) Step back on R, (3) rock back on L, (4) recover onto R
a5-6 (a) Step fwd. on L, (5) step fwd. on R, (6) turn 1/2 L
a7-8 (a) Step fwd. on R, (7) step fwd. on L, (8) turn 1/2 R

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