

Rainy Days and Mondays

COPPER KNOB
BY STEPHEN

拍數: 36 牆數: 2 級數: Easy Intermediate
編舞者: Claire Bell (UK) - August 2018
音樂: Rainy Days And Mondays - Carpenters : (iTunes, amazon)



Intro: 20 counts (start on vocals)

Section 1: Forward sweep, weave sweep, behind, ¼ turn left, forward, spiral, side rock, cross

1,2& Step forward on right sweeping left, cross left over right, step right to right side
3,4& Step behind on left sweeping right, step right behind left, turn ¼ left stepping forward on left (9.00)
5,6 Step forward on right, step on left making a spiral full turn right (keep weight on left)
7,8& Rock right to right side, recover weight on left, cross right over left

Section 2: Left nightclub, ¼ turn right, step, pivot ½, step, full turn left, right nightclub

1,2& Step left to left, rock behind on right, cross left over right
3,4& Turn ¼ right stepping forward on right, step forward on left, pivot ½ right
5,6& Step forward on left, turn ½ left stepping back on right, turn ½ left stepping forward on left
7,8& Step right to right side, rock behind on left, cross right over left (6.00)

Section 3: Forward, run, run ½ turn, prissy walks, cross, rock, side, rock, behind, side

1,2& Step forward on left diagonal, run right, run left, making a half circle left (12.00)
3,4 Walk forward on right, walk forward on left (prissy walks)
5&6& Cross rock right over left, recover weight on left, rock right to right side, recover weight on left
7,8 Step right behind left, step left to left side

Section 4: Diamond ½ turn right, side rock, together, side rock, together

1&2 Cross right over left, step back on left making 1/8 turn right, step back on right 1/8 turn right
3&4 Step back on left, step forward on right making 1/8 turn right, step forward on left making 1/8 turn right
5,6& Rock right to right side, recover weight on left, step right next to left
7,8& Rock left to left side, recover weight on right, step left next to right

Section 5: Rock, recover, ½ turn right, ½ turn right, rock, recover

1,2& Rock forward on right, recover weight on left, ½ right stepping forward on right
3,4& Step back on left making ½ turn right sweeping right, rock back on right, recover weight on left

Ending: During wall 7 after section 3:

Cross right over left (1) Sweeping left from back to front, cross left over right (2)