

A Lioness With You

COPPERKNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Easy Intermediate
編舞者: Annie Bradbury (AUS) & Sue Wilson (NZ) - January 2019
音樂: Lioness - Beccy Cole : (Album: Lioness)



Walk Fwd, Side Rock Recover, Behind, ¼ L Fwd, R Step Pivot ¼ L

1,2,3,4 Walk Fwd Right Left, Side Rock onto Right and Recover on Left,
5, 6 Cross Right behind Left, Step Forward on Left making ¼L
7, 8 Step Forward on Right and Pivot 1/4L. Weight on L.

R Behind, Side, R Cross Rock, Recover, R Side, HOLD, Ball-Step L, R Side, L Step Bck

9,10,11,12 Step R Behind, Step L Side, R Cross Rock, Recover onto L
13, 14 R Side, HOLD,
15, 16 Left next to Right (&ball-Step) Step R to side, Rock Back on Left (slightly behind R)

Step R Across, L Side, R Behind, ¼ L Fwd, R Rock Fwd, Recover, R Toe Strut Bck

17, 18 Step R Across L, Step Side,
19, 20 Step R Behind, Turn 1/4L Step L Fwd
21,22,23,24 Rock Fwd on R, Recover onto L, R Toe Strut Bck

Left Slow Coaster Bck, HOLD, R Coaster Fwd, Bck Together

25,26,27,28 Step Bck on Left, Step Right Together, Step L Fwd, HOLD
29,30,31,32 Step Fwd on Right, Step L Together, Step Back on R, Step L Bck Together **

Step R Fwd, HOLD, Pivot ½ L, HOLD, - Repeat

33,34,35,36 Step Fwd on Right, HOLD, Pivot ½ Left, HOLD
37,38,39,40 Step Fwd on Right, HOLD, * Pivot ½ Left, HOLD

R Side Strut, L Rock Bck, Recover, L Side Strut, R Rock Bck, Recover

41,42,43,44 Step Right Side with R Toe Strut, Rock Back onto Left, Recover onto Right
45,46,47,48 Step Left Side with Toe Strut, Rock Back onto Right, Recover onto Left

R Side, Behind, ¼ R Fwd, L Step Pivot ½ R, ½ R (full turn) Step Back onto L, Walk Back R L

49,50,51,52 Step Right to Side, Step Left Behind Right, Make 1/4R Fwd, Step Fwd onto Left
53,54,55,56 Pivot ½ Right, Step Back on Left turning ½ Right, Walk Back Right Left

R Rock Bck, Recover, R Step Scuff L, L Step Scuff R, R Step Fwd, HOLD & L Together

57,58,59,60 Rock Back on Right, Recover onto L, Step Fwd on R, Scuff L
61,62,63,64& Step Fwd on Left, Scuff R, Step Fwd on Right, HOLD, (&) L Together

Restart:

Wall 5 * Dance to Count 38 and Pivot ¼ L to face Back Wall and Restart on R foot

Ending:

Wall 9 ** Dance to Count 32 –

R Step Fwd, Hold, Pivot ¼ L, HOLD, R Step Fwd, HOLD

January 2019 Sue Wilson and I spent some time together in NZ. I was inspired by the words of this song sung by Beccy Cole. I asked Sue to co-choreograph this dance with me.

The words are very special and relevant to me (Annie) when I first heard the song

We dedicate this dance to Jan Wyllie as we both felt her guidance as we danced.

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Last Update – 2nd Feb. 2019
