

Dopamine (CBA 2022)

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Gary O'Reilly (IRE) - January 2022
音樂: Dopamine (feat. Eyelar) - Purple Disco Machine



#16 count intro

Section 1: WALK, 1/2, BACK/SIT, LOCK STEP FORWARD, FWD ROCK, COASTER STEP

1 2 3 Walk forward on R (1), ½ R stepping back on L (2), step back on R sitting into R hip with L knee popping forward (3) (6:00)
4 & 5 Step forward on L (4), lock step R behind L (&), step forward on L (5)
6 7 Rock forward on R (6), recover on L (7)
8 & 1 Step back on R (8), step L next to R (&), step forward on R (1)

Section 2: HOLD, & WALK, TOUCH, 1/2, 1/2, 1/4 CHASSE

2 HOLD (2)
& 3 4 Step L next to R (&), walk forward on R (3), touch L next to R (4)
5 6 ½ L stepping forward on L (5), ½ L stepping back on R (6) (6:00)
7 & 8 ¼ L stepping L to L side (7), step R next to L (&), step L to L side (8) (3:00)

Section 3: ROCK BACK, KICK & CROSS, SIDE, HOLD, & SIDE, TOUCH

1 2 Rock back R diagonally behind L (1), recover on L (2)
3 & 4 Kick R to R diagonal (3), step R in place (&), cross L over R (4)
5 6 Step R to R side (5), HOLD (6)
& 7 8 Step L next to R (&), step R to R side (7), touch L next to R (8)

Section 4: 1/4, 1/4, BEHIND, 1/4, STEP, PIVOT 1/2, TRIPLE FULL TURN

1 2 ¼ L stepping forward on L (1), ¼ L stepping R to R side (2) (9:00)
3 4 Cross L behind R dipping into knees (3), ¼ R stepping forward on R (4) (12:00)
5 6 Step forward on L (5), pivot ½ turn R (6) (6:00)
7 & 8 ½ R stepping back on L (7), ½ R stepping forward on R (&), step forward on L (8) (6:00)

Section 5: WALK, ROCK & CROSS, BACK, SIDE ROCK, SAILOR 1/4

1 Walk forward on R (1)
2&3 4 1/8 R rocking L to L side (2) recover on L (&), cross L over R (3), step back on R (4) (7:30)
5 6 1/8 L rocking L to L side straightening up to back wall (5), recover on R (6) (6:00)
7 & 8 Cross L behind R (7), ¼ L stepping R next to L (&), step forward on L (8) (3:00)

Section 6: WALK, 1/4 SIDE, SIDE, SIDE, SIDE, 1/4, 1/4 ROCK & CROSS

1 2 Walk forward on R (1), ¼ L stepping L to L side rolling L knee out with look L (2) (12:00)
3 4 Step R to R side rolling R knee out with look to R (3), step L to L side rolling L knee out with look L (4)
5 6 Step R to R side rolling R knee out with look to R (5), ¼ L stepping forward on L (6) (9:00)
7 & 8 ¼ L rocking R to R side (7), recover on L (&), cross R over L (8) (6:00)

Section 7: SIDE ROCK, COASTER STEP, FWD ROCK, TRIPLE FULL TURN

1 2 Rock L to L side (1), recover on R (2)
3 & 4 Step back on L (3), step R next to L (&), step forward on L (4) *RESTART WALL 2
5 6 Rock forward on R (5), recover on L (6)
7 & 8 ½ R stepping forward on (7), ½ R stepping L next to R (&), step R in place next to L (8) (6:00)

Section 8: HIP ROLL, RECOVER, HIP ROLL, RECOVER, BACK, HOLD, COASTER STEP, TOGETHER

1 2 Press ball of L forward rolling hip down & forward anti clockwise (1), recover on R (2)

3 4 Press ball of L forward rolling hip down & forward anti clockwise (3), recover on R (4)
5 6 Walk back on L (5), HOLD (6)
7&8& Step back on R (7), step L next to R (&), step forward on R (8), step L next to R (&)

***RESTART: Dance 52 counts of Wall 2 & restart the dance facing (12:00)**

ENDING: Dance ends facing (6:00) after 32 counts of Wall 7, make a sharp ½ turn over R stepping forward on R to finish facing (12:00)

Contact:

Gary O'Reilly

oreillygaryone@gmail.com

00353857819808

<https://www.facebook.com/gary.reilly.104>

www.thelifeoreillydance.com
