

The Calmness (고요히도)

COPPERKNOB
STEPSHEETS

拍數: 32 牆數: 1 級數: Beginner
編舞者: Irene Lee hwa (KOR) - October 2024
音樂: Quietly (고요히도) - Jang Yoon Jeong (장윤정)



Start on vocal @ 15 sec. Dance begins with weight on L
No tag & 01 Restart after 08 counts on wall 04 @ 01:28

SECTION 1. KICK STEP TOUCH*2, SAILOR STEP*2

1&2 Kick RF forward, Step RF beside LF, Touch LF to L
3&4 Kick LF forward, Step LF beside RF, Touch RF to R
5&6 Cross RF behind LF, Step LF next to L, Step RF to R
7&8 Cross LF behind RF, Step RF next to R, Step LF to L

Section 2 : SwivelX2, Diagonal Shuffle, SwivelX2, Diagonal Shuffle

1 2 Swivel RF to R, Swivel LF to L ,
3&4 Step RF to R diagonal fwd, Step LF behind RF, Step RF fwd
5 6 Swivel LF to L, Swivel RF to R,
7&8 Step LF to L diagonal back, Step RF next to LF, Step LF back

Section 3: Rock Recover, Weave, Side Rock recover, Weave

1 2 Rock RF to R diagonal, LF in place,
3&4 Step RF behind LF, Step LF next to RF, Step RF across LF
5 6 Rock L to L Side, Recover on R
7&8 Step LF Behind R, Step RF next to LF, Cross LF Over RF

Section 4 : R Charleston Step, 1/4, 1/4, 1/4 Paddle Turn

1 2 Touch RF fwd, Step RF back
3 4 Touch LF back, Step LF fwd
5 6 Making a 1/4 turn left, Step RF out to R Side, Making a 1/4 turn left, Step RF out to R side
7 8 Making a 1/4 turn left, Step RF out to R side, Step RF next to LF

Ending: Dance up-to section 02 and then big step to R(Arm down to the left) with a faint, wistful facial expression. (Arm down to the left)