

Within We Remain

COPPER KNOB
STEPPERS

拍數: 40 牆數: 1 級數: Phrased Intermediate
編舞者: Angel Chia (SG) - December 2024
音樂: Within You'll Remain (2016 Remastered Version)



Introduction count: 8 counts

Sequence: Intro (20c), Intro (20c), Bridge (4c), AABB, AABB, AABB, AABB, AA

Introduction Dance [20 counts]

Section 1 [1 - 8] Forward, ½ Turn R, Back R, Hold (Twice)

1-4 Step Forward on R, ½ turn R (Step Back on L), Step Back on R, Hold (count 4) (6.00)

5-8 Step Forward on L, ½ turn L (Step Back on R), Step Back on L, Hold (count 8) (12.00)

Section 2 [9 – 16] Forward Drag x 2, Mambo Back

1-4 Step Forward on R, Drag L next to R, Step Forward on L, Drag R next to L (12.00)

5-8 Rock Forward on R, Recover L, Step Back R, Step Back L (12.00)

Section 3 [17 – 20] Side Rock, Recover, Touch, Hold

1-4 Side Rock R, Recover L, Touch R next to L, Hold (count 4) 12.00

Bridge [4 counts]

(Performed after repeating Sections 1 – 3)

1-4 Side Rock R, Recover L, Touch R next to L, Hold (count 4) 12.00

Repeat Section 1 to 3 and add 4 count Bridge after repeating the sequence once (start facing 12.00 and ended at 12.00)

Part A [24 count]

A1 [1-8] Rhumba Box

1-4 Step R to Side R, Step L next to R, Step Forward R, Hold (count 4) 12.00

5-8 Step L to Side L, Step R next to L, Step Back L, Hold (count 8) 12.00

A2 [9-16] Modified Side Chasse R, Hold, Cross, 1/4L (Back), Back, Hold

1-4 Step R to Side R, Step L next to R, Step R to Side R, Hold (count 4) 12.00

5-8 Cross L over R, 1/4 Turn L (Step Back R), Step Back L, Hold (count 8) 9.00

A3 [17 – 24] Draw a Circle with R, Draw a Circle with L

1-4 Draw a clockwise circle with R for 3 counts, Step R next to L (9.00)

5-8 Draw an anticlockwise circle with L for 3 counts, Step L next to R (9.00)

Repeat A1 to A3 (Start facing 9.00 and end at 6.00)

Part B – [16 count]

B1 [1 - 8] Forward Heel Grind Step x 4 Times

1-2 Heel Grind with R (Heel on the floor, toes rotate outward), Step Forward R (6.00)

3-4 Heel Grind with L, Step Forward L

5-6 Repeat Heel Grind with R, Step Forward R

7-8 Repeat Heel Grind with L, Step Forward L (6.00)

B2 [9 - 16] Jazz Box, 1/4R Jazz Box

1-4 Cross R over L, Step Back L, Step Side R, Step Forward L (6.00)

5-8 Cross R over L, turn 1/4R (Step Back L), Step Side R, Step Forward Step L (9.00)

Repeat B1 to B2 (After the repeat, start facing 9.00 and finish facing at 12.00)

Ending Modification on Part A2

On Part A2, count 6: Add a back touch with L, then unwind 1/2L to pose facing 12.00

Enjoy!

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Last Update - 29 Dec. 2024 - R2
