

The Sound of Silence Remix

COPPER KNOB
STEPSHEETS

拍數: 60 牆數: 2 級數: Easy Intermediate
編舞者: Penny Tan (MY) - June 2025
音樂: The Sound of Silence (CYRIL Remix) - Disturbed



Intro :16C (1 Tag / No Restart)

Tag (8C) at the end of W5 , facing 6:00

Tag:Side with Sways

1-8 Step RF to R with sway or hips bump R-L-R-L- R-L-R-L (weight on L)

SEC1:FIGURE OF 8

1-3 Step RF to R , step LF behind RF , ¼ turn R, step RF fwd (3:00)

4-5 Step LF fwd ,pivot ½ turn R by transferring weight onto R (9:00)

6-8 ¼ turn R , step LF to L , RF behind LF , step LF to L

SEC2:DIAGONAL ROCKING CHAIR , FWD SHUFFLE , PIVOT ½ TURN R

1-4 Diagonally L , step RF fwd , recover on L , step RF back, recover on L (10:30)

5&6 Fwd shuffle R-L-R

7-8 Step LF fwd , ½ turn R ,step LF fwd (4:30)

SEC3:DIAGONAL ROCKING CHAIR , FWD SHUFFLE , PIVOT 3/8 TURN L

1-4 Still facing 4:30 , step LF fwd , recover on R , step LF back , recover on R

5&6 Fwd shuffle L-R-L

7-8 Step RF fwd , 3/8 turn L , step LF fwd (12:00)

SEC4:FWD SHUFFLE, FWD , RECOVER , BACK SHUFFLE, BACK, RECOVER

1&2 Fwd shuffle R-L-R

3-4 Step LF fwd , recover on R

5&6 Back shuffle L-R-L

7-8 Step RF back , recover on L

SEC5:PADDLE 1/4 TURN L x4

1-2 Step RF fwd with hip roll , ¼ turn L , step LF on L (9:00)

3-4 Step RF fwd with hip roll , ¼ turn L , step LF on L (6:00)

5-6 Step RF fwd with hip roll , ¼ turn L , step LF on L (3:00)

7-8 Step RF fwd with hip roll , ¼ turn L , step LF on L (12:00)

SEC6:ROCKING CHAIR , FWD , 1/2 TURN L HOOK , FWD SHUFFLE

1-4 Step RF fwd , recover on L , step RF back, recover on L

5-6 Step RF fwd , ½ turn L with hook LF

7&8 Fwd shuffle L-R-L

SEC7:STEP WITH SLOW SWAY R-L

1-4 Step RF to R with slow sway to R

5-8 Step LF to L with slow sway to L (weight on L)

*Optional: On vocal "sound" put hand beside R ear , like you are hearing something , on vocal "silence" , put R or L index finger in front of your mouth

SEC8 (4C):SIDE , TOUCH R-L

1-2 Step RF to R , touch LF next to RF

3-4 Step LF to L , touch RF next to LF

Have fun and happy dancing!

Last Update: 18 Jun 2025
