

La Lumiere

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Intermediate (not phrased)
編舞者: Gaye Teather (UK) - February 2008
音樂: The Light In Our Souls - Helena Paparizou : (CD: My Number One)



(72 count intro. Start on the word "Why" on main vocals)

Heel switches Right & Left touch side. Touch across. Touch side. Cross. Unwind 1 / 2 turn Left. Kick

- 1&2& Touch Right heel forward. Step Right beside Left. Touch Left heel forward. Step Left beside Right
3 – 4 Touch Right toe to Right side. Touch Right toe across Left
5 – 6 Touch Right toe to Right side. Cross Right over Left
7 – 8 Unwind half turn Left (keeping weight on Right). Kick Left foot forward (Facing 6 o'clock)

Back rock. Shuffle forward. Full spiral turn Left. Shuffle forward

- 1 – 2 Rock back on Left. Recover onto Right
3&4 Step forward on Left. Step Right beside Left. Step forward on Left
5 – 6 Step forward on Right. On ball of Right spin a full turn Left hooking Left foot in front of Right shin (Facing 6 o'clock)

(Option) Steps 5 – 6 can be replaced with Step forward Right. Hold

- 7&8 Step forward on Left. Step Right beside Left. Step forward on Left

Cross. Back. Shuffle 1 / 2 turn Right. 1 / 4 turn Right. Tap. Side. Tap

- 1 – 2 Cross Right over Left. Step back on Left
3&4 Shuffle half turn Right stepping Right. Left. Right
5 – 6 Quarter turn Right stepping Left to Left side. Tap Right toe beside Left (angling body to Right diagonal) (Facing 3 o'clock)
7 – 8 Step Right to Right. Tap Left toe beside Right (angling body to Left diagonal)

Side rock. Cross shuffle. 1 / 2 turn Left. Shuffle forward

- 1 – 2 Rock Left to Left side. Recover onto Right
3&4 Cross Left over Right. Step Right to Right. Cross Left over Right
5 – 6 1 / 4 turn Left stepping back on Right. 1 / 4 turn Left stepping Left to Left side (Facing 9 o'clock)
7&8 Step forward on Right. Step Left beside Right. Step forward on Right

Heel switches x 4 turning 1 / 4 Right. Forward rock. Coaster step

- 1&2& Touch Left heel forward. Step Left beside Right. Turning slightly Right touch Right heel forward. Step Right beside Left
3&4& Turning slightly Right touch Left heel forward. Step Left beside Right. Turning slightly Right
(to complete 1 / 4 turn Right) touch Right heel forward (Facing 12 o'clock). Step Right beside Left
5 – 6 Rock forward on Left. Recover onto Right
7&8 Step back on Left. Step Right beside Left. Step forward on Left

Step. Pivot 1 / 2 turn Left. Shuffle. Full turn Right. Shuffle

- 1 – 2 Step forward on Right. Pivot 1 / 2 turn Left
3&4 Step forward on Right. Step Left beside Right. Step forward on Right
5 – 6 1 / 2 turn Right stepping back on Left. 1 / 2 turn Right stepping forward on Right (Facing 6 o'clock)

Option: Steps 5 – 6 can be replaced with 2 walks forward, Left. Right

- 7&8 Step forward on Left. Step Right beside Left. Step forward on Left

Cross. Back. Back. Cross & cross & cross & cross. Flick behind

1 – 4	Cross Right over Left. Step back on Left. Step back on Right. Cross Left over Right
&5	Step Right slightly back on Right diagonal. Cross Left over Right
&6	Step Right slightly back on Right diagonal. Cross Left over Right
&7	Step Right slightly back on Right diagonal. Cross Left over Right
8	Flick Right back and behind Left

Right side rock. Behind-side-cross. Left side rock. Behind-side-step

1 – 2	Rock Right to Right side. Recover onto Left
3&4	Cross Right behind Left. Step Left to Left. Cross Right over Left
5 – 6	Rock Left to Left side. Recover onto Right
7&8	Cross Left behind Right. Step Right to Right. Step forward on Left

Start again
