

Something I Won't Regret

COPPER KNOB
BY STEPHEN

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Mary Melson (USA) - June 2011
音樂: Something I Won't Regret - Courtney Darwin



32 Count Lead-in

CROSS ROCK, RECOVER, CHASSÉ, CROSS ROCK, RECOVER, 1/2 TURN TRIPLE STEP

1, 2, Cross Rock R over L, recover on L
3&4 Chassé right R-L-R
5, 6, Cross Rock L over R, recover on R
7&8 Turning 1/2 turn left - triple L-R-L in place (6:00)

CROSS ROCK, RECOVER, CHASSÉ, CROSS ROCK, RECOVER, 1/2 TURN TRIPLE STEP

1, 2, Cross Rock R over L, recover on L
3&4 Chassé right R-L-R
5, 6 Cross Rock L over R, recover on R
7&8 Turning 1/2 turn left, triple step L-R-L in place (12:00)

HEEL FLAP STEP, TRIPLE, HEEL FLAP STEP, TRIPLE

1&2 Touch R heel forward (1), bring ball of foot down on floor (&), Step L behind R (2)

(Easier version: step R to right side (1), step L behind R (2))

3&4 Triple step R-L-R in place

Tag 3 on Wall 5 (12:00) goes here followed by a Restart

5&6 Touch L heel forward (5), bring ball of foot down on floor (&), Step R behind L (6)

(Easier version: step L to left side (5), step R behind L (6))

7&8 Triple step L-R-L in place

1/2 PIVOT TURN LEFT, TRIPLE, 1/4 TURN RIGHT, TRIPLE

1-2 Step R Forward, 1/2 turn left (weight to L) (6:00)

3&4 Triple step R-L-R in place

5-6 Step L Forward, 1/4 turn right (weight to R) (9:00)

5-8 Triple step L-R-L in place

STOMP, KICK, COASTER, STOMP, KICK, COASTER

1, 2 Stomp R (keep weight on L), kick R forward

3&4 Step R Back, step L together, step R forward

5, 6, Stomp L (keep weight on R), kick L forward

7&8 Step L Back, step R together, step L forward

Ending: At 6:00 wall, the second time you dance the above 8 counts-the song ends.

Quickly turn 1/2 right (12:00), cross R over L and at the same time spread arms out just below waist, palms forward

SIDE ROCK, RECOVER, BEHIND SIDE CROSS, SIDE ROCK, RECOVER, BEHIND SIDE CROSS

1, 2 Rock R to side, recover on L

3&4 Step R behind L, step L to side, step R across L

5, 6 Rock L to side, recover on R

7&8 Step L behind R, step R to side, step L across R

STOMP, HOLD & POINT; JAZZ BOX

1, 2 & 3, 4 Stomp R (takes weight) (1), hold (2), step on ball of L (&) point R to side (3), (Hold 4)

5, 6, 7, 8 Cross R over L, Step back on L, R to side, Step L beside R

STEP R DIAGONALLY, TOUCH L BEHIND R, L BACK, R HEEL FORWARD, STEP R, TOUCH L BEHIND R, REPEAT TO LEFT DIAGONAL

- 1, 2&3&4 Step R forward toward 2:00, touch L toe behind R, Step L behind R, touch R heel, Step on R, touch L toe behind R
- 5, 6&7&8 Step L forward toward 10:00, touch R toe behind L, Step R behind L, touch L heel, step on L, touch R toe behind L

REPEAT

TAGS:

TAG 1: (End of WALL 1 facing 9:00) and (End of WALL 3 facing 3:00)

HEEL HOOK, HEEL, FLICK

- 1, 2 At left diagonal - Touch R Heel forward, hook R in front of L
- 3, 4 Touch R heel, flick back to right

TAG 2: (End of WALL 2 facing 6:00)

HEEL HOOK, HEEL, FLICK, STEP FORWARD ON R, TOUCH LEFT TOE BEHIND RIGHT AND CLAP; STEP BACK ON LEFT, TOUCH RIGHT HEEL FORWARD AND CLAP

- 1, 2 At left diagonal – Touch R heel forward, hook R in front of L
- 3, 4 Touch R heel, flick back to right
- 5, 6 Step forward on R, touch L toe behind R (Clap as you touch)
- 7, 8 Step back on L, touch R heel forward (Clap as you touch)

TAG 3: (WALL 5 facing 12:00)

DANCE FIRST 20 COUNTS OF DANCE, STEP LEFT OUT TO SIDE, STEP RIGHT OUT TO SIDE, SIT BACK ON HIP, BOUNCE HIPS WHILE POINTING WITH R FINGER IN SEMI-CIRCLE

Dance first 20 counts of dance and add the following steps

- 1, 2 Stomp L to left side (taking weight), at the same time spread L arm out to side, (1), hold (2)
- 3, 4 Stomp R to right side (taking weight), at the same time spread R arm out to side, (3), hold (4)
- 5-8 Sit back on R hip while pointing R finger at 10:00 (5), simultaneously bounce hips and point R finger at 11:00 (6), 1:00 (7) and 2:00 (8)

L ROCK FORWARD, RECOVER ON R, STEP L BACK, TOUCH R HEEL, HOLD

- 1-2 Rock L forward, recover to R
- &3-4 Step L back, touch R heel forward, Hold

RESTART DANCE (12:00)

Contact: rockindancers5@aol.com

Music Available at: <http://www.reverbnation.com/courtneydarwin>
