

Treat Myself

COPPERKNOB
BY STEPHENETS

Compte: 32

Mur: 4

Niveau: Improver

Chorégraphe: Rachel Pearson (USA) - 19 September 2021

Musique: TREAT MYSELF - Meghan Trainor



Intro: 32 counts, starts on lyrics.

(Teaching note: 48 count intro is alternate that may be easier for dancers learning first time through as this is after heavy beat drops.)

*Heel, Step, Heel, Step, Heel, Step, Heel, Step, Shuffle Forward, Shuffle Forward

1&2& Touch R heel forward; Step R together; Touch L heel forward; Step L together

3&4& Repeat 1&2&

5&6 Step R forward; Step L together; Step R forward (shuffling toward right diagonal)

7&8 Step L forward; Step R together; Step L forward (shuffling toward left diagonal)

*Optional styling: Clap hands in sync with heel-steps after lyrics, "Let me give myself a hand."

Step, ½ Pivot L, Mambo forward, Side Rock, Cross, Side Rock, Forward

1-2 Step R forward; Pivot ½ turn left, shifting weight onto L (6:00)

3&4 Step R forward; Step L back; Step R together

5&6 Rock L to left side; Recover R; Cross L over R

7&8 Rock R to right side; Recover L; Step R forward

Rock, Triple ½ L, Triple ½ L, Triple ½ L

1-2 Rock L forward; Recover R

3&4 Turn ¼ left, stepping L to left; Step R next to L; Turn ¼ left, stepping L forward (12:00)

5&6 Turn ¼ left, stepping R forward; Step L next to R; Step R back ¼ (6:00)

7&8 Turn ¼ left, stepping L to left; Step R next to L; Turn ¼ left, stepping L forward (12:00)

*Easier option for 5&6, 7&8: Triple forward R,L,R; Triple forward L,R,L

Rock, Big Step Back, Drag, Ball Step, Forward, Pivot ½, Pivot ¼

1-2 Rock R forward; Recover L

3-4& Big step back R (3), dragging L back (4), ball step L next to R (&)

5-6 Step R forward; Pivot ½ turn left, shifting weight onto L (6:00)

7-8 Step R forward; Pivot ¼ turn left, shifting weight onto L (3:00)

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Last Update - 24 Oct. 2021