

# Sober Me Up

COPPER KNOB  
BY STEPHEN HETS

拍数: 48      墙数: 2      级数: Intermediate  
编舞者: Willie Brown (SCO) - January 2015  
音乐: Sober Me Up - Frankie Ballard : (Album: Sunshine & Whiskey)



Intro; 24 counts – on the word 'mess' – 14 secs approx (approx 120 bpm) □□□

**Section 1: □ Left twinkle, Right cross-side-behind**

1,2,3      Cross Left over Right, step Right to Right side, step Left to Left side  
4,5,6      Cross Right over Left, step Left to Left side, cross Right behind Left

**Section 2: □ Big step Left and drag, ½ turn Right, point hold**

1,2,3      Big step to Left on Left, drag Right to Left over 2 counts (keep weight on Left)  
4,5,6      Turn ¼ Right stepping on Right, turn ¼ Right and point Left to Left side, hold for 1 count □ [6]

**Section 3: □ ¼ turn Left, cross rock, recover, side**

1,2,3      Turn ¼ Left stepping on Left, turn ½ Left and step back on Right, step Left slightly to Left side [9]

4,5,6      Cross rock Right over Left, recover weight back on Left, step Right to Right side

**Section 4: □ Cross Left over right, point Right, hold, Cross Right behind left, point Left, hold**

1,2,3      Cross Left over Right, point Right to Right side, hold for 1 count  
4,5      .6 □ Cross Right behind Left, point left to Left side, hold for 1 count

(harder option for 4,5,6 – full Monterey turn over Right shoulder)

**Section 5: □ Left cross ¼ turn left x 2, Right cross ¼ turn right x 2**

1,2,3      Cross Left over Right, turn ¼ Left and step back on Right, turn ¼ Left and step Left to Left side  
4,5      .6 □ Cross Right over Left, turn ¼ Right and step back on Left, turn ¼ Right and step Right to Right side

**Section 6: □ Cross Left, kick Right, Right back basic**

1,2,3      Cross Left over Right, kick Right foot to Right diagonal over 2 counts (stay facing diagonal) [10.30]

4,5,6      Step back on Right, step Left beside Right, step Right beside Left (facing diagonal)

**Section 7: □ Forward basic with ½ turn Left, back basic with ½ turn Left**

1,2,3      Step forward on Left, turn ½ Left and step back on Right, step Left beside Right  
4,5,6      Step back on Right, turn ½ Left and step forward on Left, step Right beside Left (facing diagonal)

**Section 8: □ Forward basic, step back, ¼ turn Left, 1/8 turn Left**

1,2,3      Step forward on Left, step Right beside Left, step Left beside Right (facing diagonal)  
4,5,6      Step back on Right, turn ¼ Left and step Left to Left side, turn 1/8 Left and step Right to Right side [6]

(during counts 4,5,6 try moving in a smooth 'arc' towards the next wall)

...START AGAIN

Tag; at the end of wall 7, facing 6 o'clock, add the following;

**Left twinkle, Right twinkle**

1,2,3      Cross Left over Right, step Right to Right side, step Left to Left side  
4,5,6      Cross Right over Left, step Left to Left side, step Right to Right side

Contact: [williebrownuk@yahoo.co.uk](mailto:williebrownuk@yahoo.co.uk)