

# Demain J'arrete (Tomorrow I'll Give It Up)

**COPPER** KNOB  
STEPSHEETS

拍数: 32                      墙数: 4                      级数: Beginner / Improver  
编舞者: Betsy Courant (USA) - March 2015  
音乐: Demain J'Arrête - Ben l'Oncle Soul



Dance starts after 16 counts (on lyrics)

## SECTION 1: RIGHT KICK BALL CROSS (2X), BIG STEP, TOGETHER, HEEL TWISTS

1&2                      Kick Right foot to right diagonal, step back on Right, cross Left over Right  
3&4                      Kick Right foot to right diagonal, step back on Right, cross Left over Right  
5 - 8                      Big step Right to right side (5), step Left next to Right (6), twist both heels to right (7), return heels to center (8)

## SECTION 2: LEFT KICK BALL CROSS (2X) (traveling Left), BIG STEP, TOGETHER, HEEL TWISTS

1&2                      Kick Left foot to left diagonal, step back on Left, cross Right over Left  
3&4                      Kick Left foot to left diagonal, step back on Left, cross Right over Left  
5 - 8                      Big step Left to left side (5), step Right next to Left (6), twist both heels to left (7), return heels to center (8)

## SECTION 3: RIGHT ROCKING CHAIR, 2 HIP ROLL TURNS (1/4 turn)

1 - 4                      Rock forward on Right, recover on Left, Rock back on Right, recover on Left  
5 - 6                      Step Right forward and make 1/8 hip roll pivot turn to left,  
7 - 8                      Step Right forward and make 1/8 hip roll pivot turn to left (9:00)

## SECTION 4: RIGHT JAZZBOX, JUMP OUT, HEEL BOUNCE

1 - 4                      Cross Right over Left, step back on Left, step Right to right side, step Left forward  
&5-8                      Jump out Right to right side (&), jump out Left to left side (5), bounce on heels 3 times  
**(OPTION FOR COUNTS 5 – 8) (a little harder):**  
&5&6                      Jump out Right to right side, jump out Left to left side, jump in Right, then Left  
&7&8                      Jump out Right to right side, jump out Left to left side, jump in Right, then Left

## VARIATION (WALL 8):

The music changes when at wall 8. You can dance wall 8 as described above, or replace wall 8 with the following 32 counts (NOTE: the last 8 counts are the same as the last 8 counts of the regular dance):

## SECTION V1: STEP RIGHT (1), HOLD (2-4), ¼ TURN RIGHT STEP LEFT (5), HOLD (6-8)

1 - 4                      Step Right to right side (1), hold for 3 counts (2-4)  
5 - 8                      ¼ turn right step Left to left side (5), hold for 3 counts (6-8)

## SECTION V2: ¼ TURN RIGHT STEP RIGHT (1), HOLD (2-7), STEP LEFT TO LEFT SIDE (8)

1 - 8                      ¼ turn right step Right to right side (1), hold for 6 counts (2-7), step Left to left side (8)

## SECTION V3: STEP RIGHT (1), HOLD (2-4), ¼ TURN RIGHT STEP LEFT (5), HOLD (6-8)

1 - 4                      Step Right to right side (1), hold for 3 counts (2-4)  
5 - 8                      ¼ turn right step Left to left side (5), hold for 3 counts (6-8)

## SECTION V4: RIGHT JAZZBOX, JUMP OUT, HEEL BOUNCE

1 - 4                      Cross Right over Left, step back on Left, step Right to right side, step Left forward  
&5                      Jump out Right to right side, jump out Left to left side  
6 - 8                      Bounce on heels 3 times

**ENDING (WALL 11): Dance up to Section 2, counts 1 & 2, then dance the following**

3&4

Kick Left foot to left diagonal, step down on Left, step Right across Left and make slow  $\frac{1}{2}$  unwind left turn

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