

Love Yourself

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 4 级数: Phrased Intermediate
编舞者: Selly Amalia (INA) - December 2015
音乐: Love Yourself - Justin Bieber : (Album: Purpose - Video Version)



Pattern : A-A-A-B -A-A-A-B- A-A- B-B

Start your dance from lyrics "(for all the) times...(count 1)"

Part A – 32 Count

S AI : Walk-Walk-Ball Cross ¼ L- Turn ¼ R forward- ¼ R Sweep-Cross-Weave-Side

- 1-2& RF step right forward, LF step left forward, RF step beside on ball foot
3-4& LF cross over (facing 9.00), RF ¼ turn right forward, LF sweep back to front ¼ R (facing 3.00)
5-6 & LF cross over, RF step side, LF cross back
7-8 RF step side, Hold

S All : Press- ¼ L Recover-L Sailor-Touch Back- Turn ½ R-R back-L Back-Body Roll

- 1-2 LF press, RF recover turn ¼L (facing 12.00)
3&4 LF cross back, RF step side, LF step side
5-6& RF touch back, turn ½ R (Weight on LF), RF step back
7-8 LF step back, Roll your body from top to bottom (facing 6.00)

S AllI : Rock Back Recover 1/8R Side-L Back- Turn ½ L Ball on R- L forward-Turn ½ L sweep2x-Back Sailor on R

- 1&2 RF step back (facing 4.30), LF on ball foot, RF step to side
3&4 LF step back, RF beside on ball foot ½ L, LF step forward (facing 10.30)
5-6 RF back turn ½ L do sweep on LF front to back, RF sweep front to back
7&8 RF cross back, LF step side, RF step side (facing 4.30)

S AIV : 1/8L Samba Cross-Cross Step Back 3/8R-Ball Cross-L Step Forward-3/8L Spiral Turn

- 1&2 LF cross over, turn 1/8 L RF step side (facing 3.00), LF step in place
3&4 RF cross over, LF step back turn 3/8R (facing 7.30), RF step back (open your chest ¼ R)
&5-6 LF on ball foot together, RF cross over (body facing 10.30), LF step forward (facing 7.30)
7-8 LF spiral turn 3/8R ball on LF, Hold

PART B – 32 Count (goes with lyrics "cause if you like...")

S BI : R Big Slide-L Touch-L Kick Ball Cross-L Big Slide-R Touch-R Kick Ball Cross

- 1-2 RF big slide to side, LF touch beside RF
3&4 LF Kick, LF on ball foot, RF cross over
5-6 LF big slide to side, RF touch beside LF
7&8 RF kick. RF on ball foot, LF cross over

S BII : R out-L Out-Push Hands Forward-Hug Shoulders-Sway- ½ L Step R to Side-L Together

- 1-2 RF out, LF Out
3&4 RH push right hand forward in front of chest (palm facing out), LH push left hand in front of chest (palm facing out), Hug shoulders with both hands
5-6 sway to R, sway to L
7-8 RF turn ½ L step RF to side, LF step together next to RF

S BIII : Repeat S BI (count 1-8)

S BIV : Repeat S BII (count 1-6)

- 7-8 RF step in place, LF step together next to RF

The ending part will be facing front (12.00) and pose!

Enjoy your dance!!

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Last Update – 28th Dec. 2015
