

Love Yourself

COPPERKNOB
STEPSHEETS

拍数: 64 墙数: 1 级数: Phrased Intermediate
编舞者: Rebecca Lee (MY) - January 2016
音乐: Love Yourself - Justin Bieber



Phrasing Sequence : AAAB AAA BB ABB
Start dance after *FOR ALL THE* count 1 is TIMES

PART A (32 Counts)

A1: BACK, COASTER STEP, ¼ TURN SCISSOR CROSS, TOUCH, DRAG

1 Step R back
2&3 Step L back, Step R beside L, Step L forward
4&5 ¼ turn L Step R to R, Step L beside R, Step R over L
6 Touch L to L
7-8 Drag L slowly to R, transfer weight from R to L

A2: CROSS ROCK, ROCK, ¼ SWEEP, KNEE POP, HOLD, BALL-CHANGE

1-2 Rock R over L, Recover L
&3,4 Step R beside L, Rock L over R, Recover R with L sweep ¼ turn L
5&6 Pop R knee, Recover L, Pop R knee
7&8 Hold, Step R beside L, Step L forward

A3: WALK, WALK, ¼ TURN STEP, ½ TURN STEP, TOUCH, TOUCH, HOLD, SIDE STEP

1-2 Walk R, Walk L
3-4 ¼ turn L Step R forward, ½ turn L Step L to L
5-6 Touch R diagonal L, Touch R to R
7&8 Hold, Step L beside R, Touch R to R

A4: HIP ROLL, TOUCH, HIP ROLL, TOUCH, KICK BALL-CROSS, ¾ UNWIND

1-2& Step R in Place, with hip roll R to R, Touch R in place
3-4 Hip roll L to L, Touch L in place
5&6 Kick L diagonal, Step L beside R, Cross R over L
7-8 Unwind ¾ turn L

Part B (32 Counts) [16x2] CAUSE IF YOU LIKE

B1: STEP TOUCH, STEP TOUCH, WALK, WALK, MAMBO STEP

1-2 Step R to R, Touch L beside R
3-4 Step L to L, Touch R beside L
5-6 Walk R, Walk L
7&8 Rock R forward, Recover L, Step R back

B2: BACKWARD HEEL, COASTER STEP, SIT, RESERVE BODYROLL

9-10 Step L diagonally L backward, Step R diagonally R backward
11&12 Step L back, Step R beside L, Step L Forward (weight on L)
13-14 Step/Drag R Back, Step L beside (with knee together like sitting on stool)
15-16 Bodyroll from hip up to chest.

Option hand movement:

9-10 Open R hand, Open L hand like holding a big book
11&12 Draw a heart shape
13-14 Place the heart you just draw on your chest, hold

B3 + B4 (Repeat counts 1-16)

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