

Confident

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Low Intermediate
编舞者: Sara Lynn (USA) - February 2016
音乐: Confident - Demi Lovato : (iTunes)



Intro: 16 counts after 1st hard beat of music (when she starts singing)

[1-8] hip bump, hip bump, cross touch, cross touch

1, 2 step right slightly to right diagonal push right hip up (1), return weight to left foot pushing left hip back (2)
3, 4 push right hip up (3), return weight to left foot pushing left hip back (4)
5, 6 cross right over left (5), touch left to right (6)
7, 8 cross left over right (7), touch right to left (8)

[9-16] step ½ turn, step ¼ turn, cross rock, shuffle ¼ turn

1, 2 step forward right (1), make ½ turn left stepping forward on left (2) (6:00)
3, 4 step forward right (1), make a ¼ left stepping left to left side (4) (3:00)
5, 6 cross right over left (1), recover weight to left (6)
7&8 make ¼ step right stepping forward on right (7) (6:00), step left next to right (&), step forward on right (8)

Restart here wall 9 – after shuffle, step down on left (&) to start dance again (6:00)

[17-24] step ½ turn, step ¼ turn, weave, ¼ turn, ¼ turn, heel taps X2

1, 2 step left forward (1), make ½ right changing weight to right (2) (12:00)
3 make ¼ right stepping left to left side (3) (3:00)
4, 5 cross right behind left (4), make a ¼ left stepping left forward (5) (12:00)
6 make ¼ left stepping right to right side (6) (9:00)
7, 8 tap left heel in place (lift left heel and drop it down) X2 (7,8)

Restart here wall 11 – instead of 2nd heel tap step down on left to start dance again (6:00)

[25-32] cross, hold, cross, step 1/2, step, kick ball change

&1 step left slightly to left on ball of foot (&), cross right over left (1)
2 hold
&3 step left slightly to left on ball of foot (&), cross right over left (3)
4, 5 step left to left side (4), make a ½ right stepping forward on right (5) (3:00)
6 step forward left
7&8 kick right forward (7), step ball of right next to left (&), step forward left (8)

Tag 1: 4 counts after wall 4 (12:00)

1,2 step right forward (1), hold (2)
3,4 step left forward (3), hold (4)

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