

All About Me

COPPERKNOB
BY STEPHENETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Maddison Glover (AUS) - April 2016
音乐: I Love Me - Meghan Trainor & LunchMoney Lewis



Dance begins after count 24: Listen for the high-pitched female vocal before he sings 'I LOVE', begin dance on 'ME'.

Toe, Heel, Cross, Toe, Heel, Cross, Vine ¼, Step ½, ¼ Side

1,2 Touch R toe beside L (turn R knee in towards L knee), touch R heel fwd onto R diagonal,
3& Step R across L, touch L toe next to R (turn L knee in towards R knee),
4& Touch L heel fwd onto L diagonal, cross L over R
5&6 Step R to R side, step L behind R, turn ¼ R stepping fwd on R 3:00
7&8 Step L fwd, pivot ½ turn R finishing with weights on R, turn ¼ R stepping L to L side 12:00

Back Rock, Replace, Point, Behind, ¼ Forward, Forward, ¼ Walk Around, ¼ Shuffle Around

1&2 Rock R back/ behind L, replace weight fwd onto L, point R to R side (with attitude)
3&4 Step R behind L, turn ¼ L stepping fwd on L, step R fwd 9:00
5,6 (¼ walk around) Turn 1/8 L stepping fwd on L, turn 1/8 L stepping fwd on R 6:00
7&8 (¼ shuffle around) Turn ¼ L whilst stepping fwd on L, step R together, step L fwd 3:00

3x Back Sweeps, Back (Knee Pop), Fwd, ½ Back, ½ Shuffle Fwd

1 Make ½ turn over L stepping back on R as you sweep L around anti-clockwise 9:00
2 Step back on L whilst sweeping right around clockwise,
3 Step back on R as you sweep L around anti-clockwise,
4 Step back onto L (sink back onto L foot whilst popping R knee)
5,6 Step fwd onto R, make ½ turn over R stepping back on L,
7&8 Turn ¼ R stepping R to R side, step L together, turn ¼ R stepping fwd onto R 9:00

Out, Out, Coaster, Point, Together, Kick Forward (low), Hitch, ¼ Rock, ¼ Rock Forward

1,2 Step L fwd/ out onto L diagonal, step R fwd to R side
3&4 Step L back, step R together, step L fwd
5&6& Point R to R side, touch R beside L, kick R fwd (slightly off ground), hitch R knee up
7 Turn ¼ R rocking R to R side (option: roll R shoulder to R) 12:00
8 Turn ¼ L as you replace weight fwd onto L (option: roll R shoulder fwd) 9:00

NO RESTARTS, NO TAGS AND THE DANCE FINISHES ON THE FRONT WALL - Hallelujah!

Be sure to stretch out the sweeps on the 'Hey Hey Hey'

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