

# Simply Be

COPPER KNOB  
BY STEPHEN HETS

拍数: 32      墙数: 2      级数: Intermediate  
编舞者: Hayley Wheatley (UK) - June 2016  
音乐: Be as You Are - Mike Posner : (Album: At Night, Alone)



Music Available from iTunes and Amazon  
Count In: 16 counts (start on vocals)

## S1: STEP, ROCK & CROSS, SIDE, BEHIND, ¼ TURN, STEP FWD & SWEEP, CROSS, STEP BACK, SWAY, RECOVER, BACK LOCK ¼ TURN

- 1-2&3      Step RF fwd to L diagonal (10:30), Rock Lf to L side, Recover onto RF (straightening to 12:00), Cross Step LF over R □ 12:00
- &4&5      Step RF to R side, Step LF behind R, Make ¼ R stepping fwd onto RF, Step Fwd onto LF while sweeping RF around & fwd □ 3:00
- 6&7&      Cross RF over L, Step back onto LF, Rock RF to R side while swaying hips R, Recover weight onto LF □ 3:00
- 8&1      Step back onto RF, Lock LF in front of R, Step RF to R making ¼ turn R □ 6:00

## S2: ¼ TURN LEFT, FULL TURN LEFT, TOUCH BALL STEP, ROCK FORWARD, RECOVER, STEP, ROCK FORWARD, RECOVER, STEP

- 2&3      Step fwd onto LF making ¼ turn L, ½ turn L stepping back onto RF, ½ turn L stepping fwd onto LF □ 3:00
- &4&      Touch R toe fwd, Step RF beside L, Step fwd onto LF □ 3:00
- 5-6&      Rock fwd onto RF, Recover onto LF, Step RF beside L □ 3:00
- 7-8&      Rock fwd onto LF, Recover onto RF, Step LF beside R □ 3:00

## S3: STEP FWD INTO HITCH ½ TURN, RUNS FWD, ROCK FWD, RECOVER, ROCK SIDE, RECOVER, ROCK BACK, RECOVER, STEP OUT, STEP OUT, TOUCH, KICK FWD

- 1      Step fwd onto RF while lifting L knee into a hitch and making 1/2 turn L □ 9:00
- 2&3      Run Fwd L-R-L □ 9:00
- 4&5&      Rock RF fwd, Recover onto LF, Rock RF to R side, Recover onto LF □ 9:00
- 6&7&      Rock back onto RF, Recover onto LF, Step RF out to R side, Step LF out to L side □ 9:00
- 8&      Touch R toe beside LF, Kick RF fwd □ 9:00

## S4: LARGE STEP BACK, SIDE ROCK ¼ TURN, RECOVER, STEP BEHIND, ¼ TURN, STEP FORWARD, PIVOT ½ TURN, LARGE STEP LEFT MAKING ¼ TURN, CLOSE, SWIVEL HEELS RIGHT, LEFT, KICK OUT, STEP BEHIND, STEP SIDE

- 1      Large step back onto RF □ 9:00
- 2&3      Making ¼ turn L Rock LF out to L, Recover onto RF, Step LF behind R □ 6:00
- &4&      Step RF fwd making ¼ turn R, Step fwd on LF, Pivot ½ turn R □ 3:00
- 5-6      Make ¼ turn R stepping LF to L side, Close RF beside L □ 6:00
- &7&      Swivel heels 1/8 turn R to face 4:30, Swivel heels 1/8 turn L to come back to 6:00, Kick RF out to R Diagonal □ 6:00
- 8&      Step RF behind LF, Step LF to L side □ 6:00

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