

# Wear Me Out

COPPER KNOB  
STEPSHEETS

拍数: 32      墙数: 2      级数: Intermediate  
编舞者: Brandi Hughes (CAN) - January 2017  
音乐: Wear Me Out - Ryan Laird : (iTunes, amazon)



Intro: 16 Counts – Start on lyrics

## Sec. 1. Sway (R, L), Coaster Step, Cross, ¼ Turn Sweep, ¼ Turn Sailor Step

1-2            Step Right to right side (1), Step Left to left side (2)  
3&4           Step Right back (3), Step Left back beside right (&), Step Right forward (4)  
5&6           Cross Left over right (5), Step Right back making ¼ turn left (9:00) (&), Sweep Left around from front to back (counterclockwise) (6)  
7&8           Cross Left behind right (7), Step Right to right side making ¼ turn left (6:00) (&), Step Left to center (8)

**\*Restart Here on Wall 4\***

## Sec. 2. Point, Ball, Cross, Hold, Ball, Cross, Toe Struts (w/Hip Bumps)

1&2           Point right to right side (1), Step Right at center (&), Cross Left over right (2)  
3&4           Hold (3), Step Right to right side (&), Cross Left over right (4)  
5&6           Touch Right toe forward pushing right hip forward, Bring hip to center (&), Step Right heel down (6)  
7&8           Touch Left toe forward pushing left hip forward (7), Bring hip to center (&), Step Left heel down (8)

**\*Restart here on Wall 2 & 6\***

**\*\*Tag here on Wall 2\*\***

## Sec. 3. Rock/Recover, Shuffle Step Back, Point, ¼ Turn /Toe Tap, ¼ Turn, Point

1-2            Step Right foot forward (1), Recover weight back on Left (2)  
3&4            Step Right back (3), Step Left back beside right (&), Step Right back (4)  
5-6            Point Left to Left side (5), Turn ¼ turn Left (3:00) on Right foot tapping left toe forward (6)  
7-8            Step Left beside right making ¼ turn right (6:00) (7), Point Right toe to right side (8)

## Sec. 4. Weave, Hold, Rumba Box

&1&2           Step Right foot at center (&), Cross Left over right (1), Step Right to right side (&), Cross Left behind right (2)  
&3-4           Step Right to right side (&), Cross Left over right (3), Hold (4)

**\*Restart Here on Wall 8\***

5&6            Step Right to right side (5), Step Left beside right (&), Step Right forward (6)  
7&8            Step Left to left side (7), Step Right beside left (&), Step Left back (8)

**\*\*Tag: Wall 2 – 4 Counts (Jazz Box)**

1-4            Cross Right over Left (1), Step Left back (2), Step Right to right side (3), Step Left forward (4)

Sequence (32, 16 + Tag, 32, 8, 32, 16, 32, 32-4, 32, 32, 8)

Enjoy!