

Me and My GOD

COPPERKNOB
STEPSHEETS

拍数: 144 墙数: 4 级数: Phrased Intermediate
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音乐: Me and my GOD by Beckah Shae



Order: A, B, C, 2ND ½ B, A, B, C, 2ND ½ B, A, C, 2ND ½ B

PART A: 64 counts

A1: Vine left, full turn, step side, step behind

1 2 3 4 Step Right foot across in front of Left, Step Left foot to side, Step Right foot behind, Step ¼ turn left
5 6 7 8 Step forward with Right foot pivoting ½ turn left, Step ¼ turn with left foot, Step Right foot to the side, Step left foot behind

A2: Step, turn, step, skate, skate, skate

1 2 3 4 Step ¼ turn with Right foot, Step forward with Left foot pivoting ½ turn, Step ¼ turn with Right foot, step to the side with Left foot
5 6 7 8 Step forward Right, Sweep Left foot inside to outside in skating motion step Left, Sweep Right foot inside to outside step Right, Sweep Left foot inside to outside step left.

A3: Rocking chair, step pivot ½, step pivot ½

1 2 3 4 Rock forward on Right foot, recover to left, Rock back on Right foot, recover to left
5 6 7 8 Step forward Rt, pivot ½ turn left, Step forward Right, pivot ½ turn left

A4: Kick front, kick side, coaster step, kick front, kick side, coaster step

1 2 3&4 Kick Right foot forward, kick Right foot to right side, Step back Right, Step Left together, Step forward Right.
5 6 7&8 Kick Left foot forward, kick Left foot to Left side, Step back Left, Step Right together, Step forward Left

A5: Wizard steps with ¼ turn right

1 2& Right step forward diagonally right towards 1:30, left lock-step behind right, Right step forward diagonally towards 1:30
3 4& Left step forward diagonally left towards 10:30, right lock-step behind left, Left step forward diagonally left towards 10:30
5 6& Right step forward diagonally right towards 1:30, left lock-step behind right, Right step forward diagonally towards 1:30
7 8 Left step forward, pivot ¼ Right, step right to side

A6: Syncopated weave, big step slide, ¼ turn sailor step

1 2 3&4 Step left across in front, step Right to side, Step left across behind, step Right to side, step Left across in front
5 6 7&8 Giant step right, drag left foot together with right, cross Left foot behind right, turn ¼ turn left step forward Right, step together left

A7: Jump out, pulse, jump in, pulse, Monterey turn, touch out, touch together

&1 2 jump both feet out (&1), pulse both knees up down (2)
&3 4 Jump both feet together (&3), pulse both knees up down (4)
5 6 7 8 touch right toe to right side, on ball of left foot make ½ turn over your right shoulder and step onto your right foot, touch left toe out to the side, step left foot next to right

A8: Monterey turn, touch out, touch together, Jump out, jump cross, unwind full turn

1 2 3 4 touch right toe to right side, on ball of left foot make ½ turn over your right shoulder and step onto your right foot, touch left toe out to the side, step left foot next to right

5 6 7 8 Jump out, jump cross right foot in front, Unwind full turn

PART B: 32 counts

B1: Hip bumps, hip bumps, Monkey steps

1&2 Stepping Right foot forward, bump hips to the right twice
3&4 Stepping Left foot forward, bump hips to the left twice
5 6 7 8 With knees bent, step forward Right while rolling right knee from inside to outside, step forward left while rolling left knee from inside to outside, step forward Right while rolling right knee from inside to outside, step forward left while rolling left knee from inside to outside

B2: Rocking chair, Hop 4x

1 2 3 4 Rock forward on Right foot, recover to left, Rock back on Right foot, recover to left
&5&6 Hop forward Right, touch left, Hop forward Left, touch Right.
&7&8 Hop forward Right, touch left, Hop forward Left, touch Right.

B3: Kick Kick Shuffle back, Kick, Kick, shuffle back

1 2 Kick Right foot forward twice
3&4 Shuffle Back Right, together Left, Back Right
5 6 Kick Left foot forward twice
7&8 Shuffle back Left, together Right, back Left.

B4: Kick, Kick, shuffle back with ¼ turn, walk ¾ turn with Kick

1 2 Kick Right foot forward twice
3&4 Shuffle Back Right, together Left, Back Right making ¼ turn Right(3:00)
5 6 7 Step Left foot across making ¼ turn(6:00), Step ¼ turn Right (9:00), Step Left foot across making ¼ turn (12:00)
&8 Hitch Right knee up, kick forward with Left foot. Landing on Right foot

PART C: 48 counts

C1: Rock Recover 2 shuffles, step ¼ turn

1 2 Rock Back on Left, Recover forward on Right,
3&4 Shuffle forward Left, together Right, forward Left
5&6 Shuffle forward Right, together Left, Forward Right
7 8 Step forward Left, pivot ¼ turn Right step right.

C2: Cross toe strut, 4 ½ turns, rock recover

1 2 Touch Left toe across in front of Right, step down Left
3 4 5 6 Step back Right making ¼ turn Left, Pivot ½ turn Left stepping forward left, pivot ½ turn stepping back Right, pivot ½ turn stepping forward Left
7 8 Rock forward Right, Recover back Left

C3: Jump out, jump in, jump out, jump in, kick, kick, ½ turn

&1&2 Jump both feet out (&1), Jump both feet together (&2)
&3&4 Jump both feet out (&3), Jump both feet together (&4)
5 6 7 8 Kick right foot forward twice

C4: Step out, step out, full circle chest isolation, 2 shoulder pops

1 2 Step Right foot to side, Step Left foot to side
3 4 5 6 Thrust Chest forward towards 10:00, and rotate a full clockwise circle without moving hips
7 8 Pop Right shoulder up, Pop Left shoulder up

C5: Heel jacks heel jacks, walk, walk, shuffle

1&2 Step Right foot across, Step left to the side, touch Right heel in front
&3&4 Step Right foot to the side, Step Left across in front, Step Right to side, Touch Left heel in front
&5 6 Step down Left, Walk forward Right, Left

7&8 Shuffle forward Right, Left, Right

C6: Rock left recover, back lock shuffle, back lock shuffle, ¼ turn Step, Touch

1 2 Rock forward on Left foot, Recover back on Right

3&4 Step back Left, Step Right foot on outside of Left, Step back Left

5&6 Step back Right, Step Left foot on outside of Right, Step back Right

7 8 Step back Left while making ¼ turn left, touch Right toe next to left.

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