

Be Yourself

COPPERKNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: Beginner
编舞者: Honky Tonk Cliff (UK) - November 2017
音乐: I Can't Be Myself - Vince Gill & Paul Franklin : (CD: Bakersfield, also on iTunes)



#16 Count Intro

[1-8] Cross, Back, Chassis, Cross, Rock Back, Shuffle.

1 - 2 Cross right over left, Step back on left.
3&4 Step right to side, Close left at side of right, step right to side.
5-6 Cross left over right, Rock back on right (lift left just off floor).
7&8 Step left forward, Close right at side of left, step left forward.

[1-8] Rock, Recover, Shuffle 1/2, Step 1/4 Pivot, Gross shuffle.

1-2 Rock right forward, Recover onto left.
3&4 1/4 turn right Stepping to side, Close left at side of right, 1/4 turn left onto right.
5-6 Step forward on left, 1/4 turn left onto right.
7&8 Cross left over right, Close right at side of left, Cross left over right.

[1-8] 1/4 Left, 1/4 Left, Cross Shuffle, Rock Out, Recover, Weave Right.

1-2 1/4 turn left stepping back on right, 1/4 turn left stepping left to side.
3&4 Cross right over left, Close left at side of right, Cross right over left.
5-6 Rock left to side, Recover onto right.
7&8 Cross left behind right, Step right to side, Cross left over right .

[1-8] Side, Together, Lock step Back, Side, Together, Lock step Forward.

1-2 Step right to side, Close left at side.
3&4 Step back on right, Cross left over right, Step back on right.
5-6 Step left to side, Close right at side.
7&8 Step forward on left, Cross right behind left, Step forward on left.

TAG: AT THE END OF WALLS 5 & 9 RIGHT CROSS ROCK, RIGHT SIDE ROCK (3.00)

1-2 Cross right over left, Recover onto left.
3-4 Rock right out to side, Recover onto left.

ENDING ON WALL 11 SECTION 3 CHANGE 7&8 TO A WEAVE 1/4 TURN TO FRONT.

Enjoy see you on a floor soon