

Ahead of Myself

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Ria Vos (NL) - August 2018
音乐: Ahead of Myself (The Knocks Remix) - X Ambassadors & The Knocks : (Single)



Intro: 64 Counts (± 35 sec)

Sailor, Behind, Side, Cross, Side Rock, Cross Rock, Side, Point Behind

1&2 Step R Behind L, Step L to L Side, Step R to R Side
&3-4 Step L Behind R, Step R to R Side, Cross L Over R
5& Rock R to R Side, Recover on L
6& Cross Rock R Over L, Recover on L
7-8 Step R Big Step to R Side, Point L Behind R (option: swing arms R, look R)

Vine ¼ L, Step, Lock, Step, Out-Out, Swivel, Bounce ¼ R

1&2 Step L to L Side, Step R Behind L, ¼ Turn L Step Fwd on L
&3-4 Step Fwd on R, Lock L Behind R, Step Fwd on R
5& Step L Fwd and to L Side (out), Step R Fwd and to R Side (out)
6& Swivel R Toe to R and L Heel to L, Recover
7-8 Bounce Heels Twice Turning ¼ Turn R (weight ends on L) ***Restart Point

R Reverse Rocking Chair, Diagonal Back, Drag/Touch, L Reverse Rocking Chair, Diagonal Back, Drag/Touch

1&2& Rock Back on R, Recover on L, Rock Fwd on R, Recover on L
3-4 Big Step R to R Back Diagonal, Drag L Towards R/Touch
5&6& Rock Back on L, Recover on R, Rock Fwd on L, Recover on R
7-8 Big Step L to L Back Diagonal, Drag R Towards L/Touch

Walk Around ¾ Turn R, Point, ¼ L, Triple Full Turn L, Point Fwd

1&2& Walk Around in a ¾ Circle Turn R Stepping R-L-R-L
3-4 Step Fwd on R, Point L to L Side
5 ¼ Turn L Step Fwd on L
6&7 Triple Full Turn L Stepping R-L-R
8 Point L Fwd ***Restart with Step Change Point

L Step Back, Swivel, Hitch, Back, Hitch, Back, R L Step Back, Swivel, Hitch, Back, Hitch, Back

1&2 Step Back on L, Swivel Both Heels R, Recover
&3 Hitch R, Step Back on R
&4 Hitch L, Step Back on L
5&6 Step Back on R, Swivel Both Heels L, Recover
&7 Hitch L, Step Back on L, Hitch R, Step Back on R

Behind, Side, Cross, ¼ L, Together, Step Fwd, Hip Turn ½ R, Hip Turn ½ R

1&2 Step L Behind R, Step R to R Side, Cross L Over R
&3-4 ¼ Turn L Step Back on R, Step L Next to R, Step Fwd on R
5&6 ¼ Turn R Bump L to L Side, Recover, ¼ Turn R Step Back on L
7&8 ¼ Turn R Bump R to R Side, Recover, ¼ Turn R Step Fwd on R

Cross Rock, Side Rock, Behind, Point, Back Rock, Side Rock, Cross, Point

1& Cross Rock L Over R, Recover on R
2& Rock L to L Side, Recover on R
3-4 Step L Behind R, Point R to R Side
5& Rock Back on R, Recover on L

6& Rock R to R Side, Recover on L
7-8 Cross R Over L, Point L to L Side

Behind, Side, Cross Rock, Side Drag, Side Slide, ¼ L Side Slide, ¼ L Side, Behind with Sweep

1&2& Step L Behind R, Step R to R Side, Cross Rock L Over R, Recover on L
3-4 Step L Big Step to L Side, Drag R Towards L/ Touch
5-6-7 Slide R to R Side, ¼ Turn L Slide L to L Side, ¼ Turn L Slide R to R Side
8 ¼ Turn L Jump on Both Feet to L Side (weight on L to start again with count 1)

Restart: On wall 2 After count 16 (6:00)

Restart with Step Change: On wall 5 change count 32 (L Point Fwd) into a Jump Fwd with both Feet, Restart (12:00)

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