

# Be Yourself

**COPPER KNOB**  
BY STEPHEN B. TAYLOR

拍数: 32                      墙数: 4                      级数: Improver Country  
编舞者: Antonio Manigas (IT) - November 2020  
音乐: Be Yourself - Sarahbeth Taite



Sequence : wall 1, wall 2, wall 3, wall 4, Tag 1, wall 5, wall 6 (16 c.),R. wall 7 ,Tag 2, wall 8 , wall 9 (25 c.)

## S1) STOMP R.,RECOVER L.,SHUFFLE BACK R.,COASTER STEP,KICK BALL CHANGE

1 - 2                      Step Right Forward And Stomp , Recover To Left Step  
3 & 4                      Step Right Backward , Step Left Beside Right , Step Right Backward  
5 & 6                      Step Left Backward , Step Right Beside Left , Step Left Forward  
7 & 8                      Kick Right Forward , Onto Ball Step Right Beside Left , Replace Step Left Onto Floor

## S2) TURN ¼ L. CHASSE' R.,TURN ¼ L. SAILOR L.,TURN ¼ L. CHASSE' R.,CROSS & SHUFFLE L.

1 & 2                      Turn ¼ (09:00) To Left Side And Step Right To Right Side , Step Left Beside Right , Step Right To Right Side  
3 & 4                      Turn ¼ (06:00) To Left Side And Step Left Backward And Cross Behind Right , Step Right To Right Side , Step Left Beside Right  
5 & 6                      Turn ¼ (03:00) To Left Side And Step Right To Right Side , Step Left Beside Right , Step Right To Right Side  
7 & 8                      Cross Shuffle Left On Right Travelling To Right

## S3) ROCK RECOVER,CROSS&CROSS,ROCK RECOVER,SHUFFLE BACK L.

1 - 2                      Step Right To Right Side , Recover On The Left  
3 & 4                      Step Right Cross Behind Left , Step Left To Left Side , Step Right Cross Over Left  
5 - 6                      Step Left To Left Side , Recover On The Right  
7 & 8                      Step Left Backward , Step Right Beside Left , Step Left Backward

## S4) COASTER STEP,SHUFFLE L.,PIVOT,ROCK RECOVER

1 & 2                      Step Right Backward , Step Left Beside Right , Step Right Forward  
3 & 4                      Step Left Forward , Step Right Beside Left , Step Left Forward  
5 - 6                      Step Right Forward , Turn ½ (09:00)  
7 - 8                      Step Right Forward , Recover On The Left

## ATTENTION!!!!!!LAST WALL ONLY 3 SEQUENCES ... SEQUENCE 3 MODIFIED(ONLY LAST WALL)

### S3 MOD) ROCK RECOVER,CROSS&CROSS,ROCK RECOVER,COASTER STEP,STOMP R.

1 - 2                      Step Right To Right Side , Recover On The Left  
3 & 4                      Step Right Cross Behind Left , Step Left To Left Side , Step Right Cross Over Left  
5 - 6                      Step Left To Left Side , Recover On The Right  
7 & 8                      Step Left Backward , Step Right Beside Left , Step Left Forward  
1                              Stomp Right

## TAG 1

### T1) ROCK IN CHAIR BACK

1 - 2                      Step Right Backward , Return To Left  
3 - 4                      Step Right Forward , Return To Left

## TAG 2 (STARTING TAG 2 AT 09:00 .. OR SECOND WALL)

### T2,1) DIAGONALLY LONG STEP,HOLD,TOUCH L.,HOLD,DIAGONALLY LONG STEP,HOLD,TOUCH R.,HOLD

1 - 2                      Diagonally Forward Long Step Right , Hold  
3 - 4                      Touch Left Toe Behind Right , Hold  
5 - 6                      Diagonally Backward Long Step Left , Hold

7 - 8 Touch Right Toe Behind Left , Hold

**T2,2) TURN ¼ DIAGONALLY LONG STEP,HOLD,TOUCH L.,HOLD,DIAGONALLY LONG STEP,HOLD,TOUCH R.,HOLD**

1 - 2 Turn ¼ To Right Side (00:00) Diagonally Forward Long Step Right , Hold

3 - 4 Touch Left Toe Behind Right , Hold

5 - 6 Diagonally Backward Long Step Left , Hold

7 - 8 Touch Right Toe Behind Left , Hold

**ATTENTION: Restart after 5th repetition**

**Last Update - 21 Nov. 2020**

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