

Treat People With Kindness

COPPERKNOB
STEPSHEETS

拍数: 148 墙数: 1 级数: Phrased High Intermediate
编舞者: June Toh (MY) - March 2021
音乐: Treat People With Kindness - Harry Styles



Sequence : AB AB C A(16 counts) BBB

Intro: 32 counts (sync actions with the lyrics written in bold)

Stand feet apart with chin resting on R fist which is propped on L arm which, in turn, is wrapped across the waist (MAYBE)

Step R to R diagonal placing L hand to L waist and R hand to forehead like shading one's eyes, look to R diagonal (...FIND A)

Shift weight to L, with hands still in place, move head from R to centre, looking forward (PLACE)

Shoulder pops(down,up, down) beginning with R down L up (TO FEEL GOOD)

Walk 4 slow steps forward RLRL, then step R to right spreading arms from centre to sides (...KINDNESS)

A: 64 counts

[1-8] R cross rock, side shuffle, weave R

1-2 3&4 Step R across L, recover onto L, shuffle right R-L-R

5-6-7-8 Step L across R, step R to right, step L behind R, step R to right

[9-16] L cross rock, side shuffle, weave L

1-2 3&4 Step L across R, recover onto R, shuffle left L-R-L

5-6-7-8 Step R across L, step L to left, step R behind L, step L to left

[17-24] R back diagonal shuffle, L back diagonal shuffle, step R, heel swivels

1&2 Step R to R back diagonal, step L beside R, step R to R back diagonal

3&4 Step L to L back diagonal, step R beside L, step L to L back diagonal

5-6-7-8 Step R to right(5), swivel L heel in towards R(6), then L toe(7), and L heel(8)

[25-32] R Pivot ½ , R pivot ½ , R jazz box

1-2-3-4 Step R forward and pivot ½ turn left onto L, repeat

5-6-7-8 Step R across L, step L back, step R to right, step L forward

[33-40] And touch L unwind L full turn, big step R back diagonal

&1-2-3-4 Step R to right(&) touch L behind R(1), unwind left over 3 counts to face front again ending with weight on L

5-6-7-8 Take a big step R back to R diagonal sliding L towards R with arms spread

[41-48] Box shuffles, R cross step

1&2 3&4 L side shuffle to left L-R-L(12:00), making a ¼ turn L, R side shuffle to right R-L-R (9:00)

5&6 7-8 Making a ¼ turn L, L side shuffle to left L-R-L(6:00), step R across L, hold

[49-56] Unwind ½ turn L, and touch L forward, then R forward

1-2-3-4 Slow turn ½ L changing weight to L, with R hand on right waist and L arm open to left side with palm facing up

&5-6 Step R slightly back(&) touch L to front bringing R hand towards L knee and L arm up and back(5), hold(6)

&7-8 Step L slightly back(&) touch R to front bringing L hand towards R knee and R arm up and back(7), hold(8)

[57-64] 4 steps back, R side rock cross, L side rock cross, R side rock

1-2-3-4 Walk 4 steps back RLRL slowly raising arms from side of body to above ears, palms down

5&6& R side rock , recover onto L, step R across L, L side rock,

7&8& recover onto R, step L across R, R side rock, recover onto L

B: 32 counts

[1-8] Walk fwd 4 steps to L diagonal beginning on R, step R, touch L fwd, stomp L, kick L fwd jumping back onto R

1-2-3-4 Facing L diagonal walk 4 steps forward R-L-R-L with arms swinging, almost like marching(10:30)

5-6-7-8 Still facing L diagonal step R forward, touch L forward, stomp L beside R, kick L forward while jumping back slightly onto R and throwing both arms forward

[9-16] Step back L-R, behind side cross, step R fwd ¼ turn R, hitch L and turn ⅜ R on the ball of R, L coaster step

1-2 3&4 Step L back, step R back(10:30) step L behind R, step R beside L, step L across R(12:00)

5-6-7&8& Step R forward ¼ turn R(3:00), hitch L and begin turning ⅜ R on R(7:30) still facing 7:30 step L back(&), step R beside L(8), step L forward(&)

[17-24] Chug ⅜ turn L while shimmying shoulders

1-2-3-4 Lightly stomp R foot 4 times with shoulder shimmies while beginning to turn L on L foot

5-6-7-8 Continue to stomp the next 4 counts while completing the turn to 12:00 (lean back slightly when chugging with the shoulder shimmies)

[25-32] Crouch down, jump up opening arms, weave L beginning with R across L

1-2-3-4 Looking down, bend forward placing hands on knees with feet together(1) hold (2) jump feet apart opening arms upwards (3) shifting weight to L, hold (4)

5&6& Step R across L, step L beside R, step R behind L, step L beside R

7&8& Step R across L, step L beside R, step R behind L, step L beside R

[Easy option for counts 29-32: step R across L(5), step L beside R(6), step R behindL(7), step L beside R(8)]

C: 52 counts

[1-8] R nightclub step, side, hold, behind side (12:00)

1-2-3-4 Take a big step to the right on right foot, hold, slide L to step slightly behind R, step R across L

5-6-7-8 Take a big step to the left on left foot,hold, slide R to step behind L, step L to L side

[9-16] R cross rock, recover, L cross rock, recover

1-2-3-4 Step R across L, hold, recover onto L, step R to R

5-6-7-8 Step L across R, hold, recover onto R, step L to L

[17-32] Repeat [1-16] a ¼ turn L (9:00)

[33-36] ½ turn, ¼ turn

1-2-3-4 Step R forward, pivot ½ turn L onto L, step R forward, pivot ¼ turn L onto L

[37-44] Walk 8 steps in a circle (clockwise) beginning with R and ending with L

1-2-3-4 Step R forward beginning the circle to the R, continue stepping L- R- L

5-6-7-8 Continue stepping R- L- R- L to complete the circle to face front again (12:00)

[45-52]Feet together, spread hands (it's OK), anticlockwise run or run in a random manner for 4 counts

1-2-3-4 Step R beside L spreading your hands from centre to sides as if to say 'it's okay'

5&6&7&8& Run in a circle to the left (anticlockwise) in 8 steps beginning with R ending with L to face front again.

Alternately, you may make a random run around but remember to end facing 12:00. Feel free to do whatever you like for these 4 counts. You can also choose to stay on the spot and just wave your arms or wiggle your hips....have fun!

NB: Thank you to my daughters, Michelle and Sophia, for the song suggestion, tips and ideas <3

Last Update - 20 April 2021
