

Watch Yourself

COPPERKNOB
STEPSHEETS

拍数: 64 墙数: 4 级数: Easy Intermediate
编舞者: Chris Cleevely (UK) - May 2021
音乐: Watch What You're Falling For - Seven Miles South



Music available from iTunes. (32 Count intro)

Section 1 (Counts 1 - 8)

Rock Forward R, Recover L; R Coaster Step; Step ¼ Turn R; Shuffle Forward L

- 1 - 2 Rock forward on R, recover weight on L
- 3 & 4 Step back on R, step L beside R, step forward on R
- 5 - 6 Step forward on L, pivot ¼ turn R (weight on R) (3 o'clock)
- 7 & 8 Shuffle forward stepping L/R/L

Section 2 (Counts 9 - 16)

Rock Forward R, Recover L; R Coaster Step; Step ¼ Turn R; Shuffle Forward L

- 1 - 2 Rock forward on R, recover weight on L
- 3 & 4 Step back on R, step L beside R, step forward on R
- 5 - 6 Step forward on L, pivot ¼ turn R (weight on R) (6 o'clock)
- 7 & 8 Shuffle forward stepping L/R/L

RESTART here facing 12 o'clock during wall 3

Section 3 (Counts 17 - 24)

Step Forward on R, Touch L Toe Behind; Shuffle Back on L; Step Back on R, touch L Toe in Front; Shuffle Forward on L

- 1 - 2 Step forward on R, touch L toe behind
- 3 & 4 Shuffle back stepping L/R/L
- 5 - 6 Step back on R, touch L toe in front
- 7 & 8 Shuffle forward, stepping L/R/L

Section 4 (counts 25 - 32)

Step ¼ Turn L; Cross Shuffle; Side, Behind; ¼ L, Scuff R

- 1 - 2 Step forward on R, pivot ¼ turn L (weight on L) (3 o'clock)
- 3 & 4 Cross shuffle R over L, stepping R/L/R
- 5 - 6 Step L to L side, cross R behind L
- 7 - 8 Making ¼ turn L, step forward on L, Scuff R beside L (12 o'clock)

Section 5 (Counts 33 - 40)

Jazz Box; ¼ Turning R Jazz Box, Scuff L

- 1 - 2 Cross R over L, step back on L
- 3 - 4 Step R to R side, step L in place
- 5 - 6 Cross R over L, step back on L
- 7 - 8 Making ¼ turn R, step R to R side, scuff L beside R (3 o'clock)

Section 6 (Counts 41 - 48)

Rock Forward R, Recover; ½ Shuffle over L Shoulder; Point R Toe to R Side, Hold; Switch & Point L Toe to L Side, Switch & Point R Toe to R side

- 1 - 2 Rock forward on L, recover weight on R
- 3 & 4 Half shuffle over L shoulder, stepping L/R/L (9 o'clock)
- 5 - 6 Point R toe to R side, hold
- & 7 & 8 Step R beside L & Point L toe to L side, step L beside R & point R toe to R side

Restart here facing 6 o'clock during wall 5

Section 7 (Counts 49 - 56)

Cross Rock R, Recover L; Chasse R; Cross Rock L, Recover R; Chasse L

- 1 - 2 Cross rock R over L, recover weight on L
- 3 & 4 Chasse to the R side stepping R/L/R
- 5 - 6 Cross rock L over R, recover weight on R
- 7 & 8 Chasse to the L side, stepping L/R/L

Section 8 (Counts 57 - 64)

R Kick, Ball, Step x 2; R Rocking Chair (or 2 half turns L)

- 1 & 2 Kick R forward, touch ball of R, step forward on L
- 3 & 4 Kick R forward, touch ball of R, step forward on L
- 5 - 6 Rock forward on R, recover weight on L
- 7 - 8 Rock back on R, recover weight on L

***Restarts:**

Wall 3 - Restart facing 12 o'clock after 16 counts

Wall 5 - Restart facing 6 o'clock after 48 counts.

****Tag**

At the end of wall 6 (facing 3 o'clock) add an extra right rocking chair.

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Youtube Link: https://youtu.be/Pg_bdNjDWaY

Last Update - 23 May 2021
