

# 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](https://youtu.be/Pg_bdNjDWaY)**

**Last Update - 23 May 2021**

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