

# My Own Monster

COPPER KNOB  
STEP SHEETS

拍数: 80      墙数: 2      级数: Beginner / Improver  
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音乐: My Own Monster - X Ambassadors



## Intro - 16

### Sec 1. 1/4 step L fwd (9:00), 1/4 R fwd (12:00), hold (down), together, back, back, back, together

1 , 2            1/4 L step Lf fwd, 1/4 R step Rf fwd  
3 , 4            Hold, step Lf together Rf  
5 , 6            Step Rf back, step Lf back  
7 , 8            Step Rf back, step Lf together Rf

### Sec 2. Fwd, together, fwd shuffle, Fwd, together, fwd shuffle

1 , 2            Step Rf fwd, step Lf together Rf  
3 & 4            Step Rf fwd, step Lf together Rf, step Rf fwd  
5 , 6            Step Lf fwd, step Rf together Lf  
7 & 8            Step Lf fwd, step Rf together Lf, step Lf fwd

### Sec 3. 1/4 R fwd, together, fwd shuffle (3:00) 1/2 L fwd, together, fwd shuffle (9:00)

1 , 2            1/4 R step Rf fwd, step Lf together Rf  
3 & 4            Step Rf fwd, step Lf together Rf, step Rf fwd  
5 , 6            1/2 L step Lf fwd, step Rf together Lf  
7 & 8            Step Lf fwd, step Rf together Lf, step Lf fwd

### Sec 4. Fwd, 1/8 L fwd, back lock, 1/8 L fwd, fwd, fwd, back lock, fwd (6:00)

1 , 2            Step Rf fwd, 1/8 L step Lf fwd  
3 , 4            Step Rf lock behind Lf, 1/8 L step Lf fwd  
5 , 6            Step Rf fwd, step Lf fwd  
7 , 8            Step Rf lock behind Lf, step Lf fwd

### Sec 5. Back rock, recover x 3, back, together

1 , 2            Step Rf rock back on R, recover on L  
3 , 4            Step Rf rock back on R, recover on L  
5 , 6            Step Rf rock back on R, recover on L  
7 , 8            Step Rf back, step Lf together Rf

### Sec 6. Down up fwd kick, 1/4 turn L down up, Fwd kick, 1/4 turn L down up fwd kick, down up

1 , 2            Down up Rf fwd kick  
3 , 4            1/4 turn L down up Lf fwd kick  
5 , 6            1/4 turn L down up Rf fwd kick  
7 , 8            Down up

### Sec 7. Rf brush kick fwd, hold, ball cross, cross, Cross, fwd hop 1/2 turn L fwd, fwd,

1 , 2&            Rf brush kick fwd, hold, Rf ball change  
3 , 4            Cross Lf over Rf, cross Rf over Lf  
5 , 6&            Cross Lf over Rf, cross Rf over Lf hop 1/2 turn L  
7 , 8            Sept Lf fwd, step Rf fwd

### Sec 8. Lf brush kick fwd, hold, ball cross, cross, cross, fwd hop fwd, together

1 , 2&            Lf brush kick fwd, hold Lf ball change  
3 , 4            Corss Rf over Lf, cross Lf over Rf

5 , 6&            Cross Rf over Lf, cross Lf over Rf hop  
7 , 8              Step Rf fwd, step Lf together Rf

**Sec 9. Step in place walk (R, L, R, L) Step in place run (R,L,R,L,R,L), out, out**

1 , 2              Step Rf in place, step Lf in place

3 , 4              Step Rf in place, step Lf in place

5&6&              Step in place run (RL, RL)

7&8&              Step in place run (RL), step Rf to R side, Step Lf to L side

**Sec 10. Free style (please refer to the video)**

**Sec 1~8 Move your arms freely**

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