

# Treat Myself

COPPERKNOB  
BY STEPHENETS

拍数: 32      墙数: 4      级数: Improver  
编舞者: Rachel Pearson (USA) - 19 September 2021  
音乐: TREAT MYSELF - Meghan Trainor



Intro: 32 counts, starts on lyrics.

(Teaching note: 48 count intro is alternate that may be easier for dancers learning first time through as this is after heavy beat drops.)

## \*Heel, Step, Heel, Step, Heel, Step, Heel, Step, Shuffle Forward, Shuffle Forward

1&2&      Touch R heel forward; Step R together; Touch L heel forward; Step L together  
3&4&      Repeat 1&2&  
5&6      Step R forward; Step L together; Step R forward (shuffling toward right diagonal)  
7&8      Step L forward; Step R together; Step L forward (shuffling toward left diagonal)

\*Optional styling: Clap hands in sync with heel-steps after lyrics, "Let me give myself a hand."

## Step, ½ Pivot L, Mambo forward, Side Rock, Cross, Side Rock, Forward

1-2      Step R forward; Pivot ½ turn left, shifting weight onto L (6:00)  
3&4      Step R forward; Step L back; Step R together  
5&6      Rock L to left side; Recover R; Cross L over R  
7&8      Rock R to right side; Recover L; Step R forward

## Rock, Triple ½ L, Triple ½ L, Triple ½ L

1-2      Rock L forward; Recover R  
3&4      Turn ¼ left, stepping L to left; Step R next to L; Turn ¼ left, stepping L forward (12:00)  
5&6      Turn ¼ left, stepping R forward; Step L next to R; Step R back ¼ (6:00)  
7&8      Turn ¼ left, stepping L to left; Step R next to L; Turn ¼ left, stepping L forward (12:00)

\*Easier option for 5&6, 7&8: Triple forward R,L,R; Triple forward L,R,L

## Rock, Big Step Back, Drag, Ball Step, Forward, Pivot ½, Pivot ¼

1-2      Rock R forward; Recover L  
3-4&      Big step back R (3), dragging L back (4), ball step L next to R (&)  
5-6      Step R forward; Pivot ½ turn left, shifting weight onto L (6:00)  
7-8      Step R forward; Pivot ¼ turn left, shifting weight onto L (3:00)

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Last Update - 24 Oct. 2021