

# My Feet, My Beat (Dancing My Way)

COPPERKNOB  
BY STEPSHEETS

拍数: 64      墙数: 2      级数: Improver  
编舞者: David Ackerman (USA) & Kayla Cosgrove (USA) - July 2022  
音乐: Dancing My Way - Wyn Starks



**Quick Start! Start on lyric "day" of the line "On a cloudy day"**

## [1-8] Back Hitch x2, R Coaster, L Hitch

1,2      Step R back, Hitch L  
3,4      Step L back, Hitch R  
5,6      Step R back, Step L next to R  
7,8      Step L forward, Hitch L

## [9-16] L Press, Hitch, Cross, Hold, ½ Run RLRL

1,2      Step L forward, Hitch L  
3,4      Cross L over R, Hold (4)  
5,6      Make ¼ turn R stepping R forward (3:00), Step L forward  
7,8      Make ¼ turn R stepping R forward (6:00), Step L next to R

## [17-24] Hold, Back R, Forward Point L, Hold, Hip Up/Down/Up, Together

1,2      Hold (1), Step R back  
3,4      Point L forward w/ sight bend in L knee, Hold (4)  
5,6      Push L hip up, Return hip to neutral  
7,8      Push L hip up, Step L next to R

## (Alternate steps for counts 5-8) Swivels w/ hip

5,6      Swivel heels to L as you lift R heel and L hip up, Return heels and hips neutral  
7,8      Swivel heels to L as you lift R heel and L hip up, Return heels to neutral as you step L next to R

## [25-32] Heel Switches RL, Swivels in Place

1,2      Touch R heel forward, Step R next to L  
3,4      Touch L heel forward, Step L next to R  
5,6      Swivel heels to R, Swivel heels to L  
7,8      Swivel heels to R, Swivel heels to L

**\*Restart: wall 2 facing 12:00 and wall 5 facing 6:00**

## [33-40] Vine R w/ Flick, ¼ Vine L w/ Flick

1,2      Step R to R side, Step L behind R  
3,4      Step R to R side, Flick L foot behind R leg  
5,6      Step L to L side, Step L behind R  
7,8      Step L to L side, Make ¼ L stepping R forward as you flick R foot back (3:00)

## [41-48] Rocking Chair, ½ Turn L, Hook, Forward L, Tap R

1,2      Rock R forward, Recover weight L  
3,4      Rock R back, Recover weight L  
5,6      Make ½ turn L stepping L back (9:00), Hook L foot in front of R leg  
7,8      Step L forward, Touch R behind L

## [49-56] Back Drag, Back, Together, Lock LRL, Scuff R

1,2      Step R Back, Drag L  
3,4      Step L back, Step R next to L  
5,6      Step L forward, Lock R behind L

7,8 Step L forward, Scuff R

**[57-64] Forward R, Hold, ¼ L, Hold, Cross, Back, Back, Cross**

1,2 Step R forward, Hold (2)

3,4 Make ¼ turn L stepping L to L side (6:00), Hold (4)

5,6 Cross R over L, Step L back

7,8 Step R back, Cross L over R

**\*Restart: Walls 2 and 5 after 32 counts**

**Last Update - 20 July 2022**

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