

Bare My Soul

COPPERKNOB
STEPSHEETS

拍数: 32 墙数: 2 级数: Intermediate
编舞者: Darren Bailey (UK), Fred Whitehouse (IRE), Roy Verdonk (NL) & Daniel Trepap (NL) - July 2022
音乐: Hot Mess - Thundermother



Intro: 20 Counts, Start at approx 21 secs

SEC 1: Back Rock, ¼ Side, Behind Hitch, Behind, ¼ Step, Step, ½ Pivot Sweep, Step Sweep, Weave

- 1-2a Rock right back, recover weight onto left, turn ¼ left step right to right (9:00)
- 3-4a Step left behind right hitching right, step right behind left, turn ¼ left step left forward (6:00)
- 5-6 Step right forward, pivot ½ left transferring weight onto left sweeping right from back to front (12:00)
- 7 Step right forward sweeping left from back to front
- 8&a Cross left over right, step right to right, step left behind right

SEC 2: Side Rock, Cross, ¼ Step Sweep, Twinkle, Cross ¼ Hitch, Walk Run Run ½ Hitch, Run Run Run

- 1-2 Rock right to right, recover weight onto left
- a3 Cross right over left, turn ¼ left step left forward sweeping right from back to front (9:00)
- 4&a Cross right over left, rock left to left, recover weight onto right,
- 5 Cross left over right turn ¼ left hitching right (6:00)
- 6a7 Step right forward, step left forward, step right forward turn ½ right hitching left (12:00)
- 8&a Step left forward, step right forward, step left forward

SEC 3: Push, Push, Push, Step, Step, ½ Pivot, Push, Push, Push, Twinkle

- 1 Push right toe to right, recover to center
- 2 Push right toe to right, recover to center
- 3 Push right toe to right, recover to center
- 4&a Step right forward, step left forward, pivot ½ right transferring weight onto right (6:00)
- 5 Push left toe to left, recover to center
- 6 Push left toe to left, recover to center
- 7 Push left toe to left, recover to center
- 8&a Cross left over right, rock right to right, recover weight onto left

SEC 4: ½ Walk Around, Out, Out, Back, Back, Hook, Step, Step, 1½ Rolling Turn

- 1-2-3 Turn ⅙ left step right forward, turn ¼ left step left forward, turn ⅙ left step right forward (12:00)
- 4&a Step left to left, step right to right, step left back

Restart Here on Wall 5

- 5 Step right back hook left over right
- 6-7 Step left forward, step right forward
- 8&a Turn ½ right step left back, turn ½ right step right forward, turn ½ right step left back (6:00)

Tag: At the end of Wall 2

Back Rock, ½ Back, Back Rock, ½ Back

- 1-2a Rock right back, recover weight onto left, turn ½ left step right back
- 3-4a Rock left back, recover weight onto right, turn ½ right step left back

Choreographers Note:

Many thanks to Annette R. Dam (DK) for pointing out this amazing music to us!