

Take Myself Dancing

COPPER KNOB
STEP SHEETS

拍数: 32 墙数: 4 级数: Intermediate
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音乐: Flowers - Miley Cyrus



Intro: Start just after lyrics start on the word "good" (approx. 8 Seconds into track)

Section 1: SIDE, CROSS, RECOVER, SIDE SHUFFLE, CROSS, SIDE, ½ HINGE

1, 2, 3 Step L to L, cross rock R over L, recover weight L
4&5 Step R to R, step L together, Step R to R
6, 7, 8 Step L over R, step R to R, ½ L raising L foot (12.00)

(Note: Count 8; ½ raising L foot. Is a slow turn, like a hold/pause ready to step down on count 1 in next section)

Section 2: ¼ FWD, ¼ SIDE, BEHIND, RECOVER, ¼ BACK, ½ FWD, ½ BACK, ½ FWD

1, 2 ¼ L Step L fwd, ¼ L step R to R (12.00)
3, 4 Rock L behind R, recover weight R
5, 6 ¼ R step L back, ½ R step R fwd (9.00)
7, 8 ½ R step L back, ½ R step R fwd (9.00)

(Note: Counts 7,8 in this section can be replaced with a Walk L, Walk R for a non-turning option)

Section 3: 1/8 FWD, ROCK FWD, RECOVER, R LOCK SHUFFLE BACK, FULL BACK, COASTER

1, 2, 3 1/8 L Step L fwd, Rock R fwd, recover weight L (7.30)
4&5 Step R back, lock L over R, step R back
6, 7 3 3/8 L step L fwd, ½ L step R back (9.00)
8&1 Step L back, step R together, step L fwd to L diagonal

(Note: Counts 1-5 are all done facing the L diagonal with counts 6,7,8& 1 travelling straight back)

Section 4: CROSS SAMBA, CROSS, ¼ BACK, ½ FWD, ¼ SIDE STEP, SIDE, TOGETHER

2&3 Cross R over L, rock L to L, recover weight R
4, 5 Cross L over R, ¼ L step R back (6.00)
6, 7 ½ L step L fwd, ¼ L step R to R (9.00)
8& Step L to L, step R together

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Restarts: Wall 2 – Dance till count 16 (Wall 2 starts 9 o'clock, restart to 6 o'clock)

Wall 5 – Dance till count 8 (Wall 5 starts 12 o'clock, restart to 6 o'clock)

Wall 7 - Dance till count 16 (Wall 7 starts 3 o'clock, restart to 12 o'clock)

Wall 11 – Dance till count 8 (Wall 11 starts 3 o'clock, restart to 9 o'clock)

To Finish: Clean finish to the front on the last wall with a side shuffle L at the end of the wall

NOTE: There are sections before you start a new wall when the music goes, just keep dancing the beat kicks back in

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Demos and Tutorials can be found on the website above, on all good step sheet sites & YouTube

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