

Dancing on My Own

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Beginner
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音乐: Dancing On My Own - Mosimann



SEQ 1 : BACK ROCK R, WALK FORWARD R & L, SHUFFLE FORWARD R, ROCK STEP L

1 – 2 Step right back, recover to left
3 – 4 Step right over left, step left over right
5&6 Right forward, left together right, right forward
7 – 8 Step left forward, recover on right

SEQ 2 : SHUFFLE BACK L, ¼ TURN STEP R, HOLD, BALL SIDE R, HOLD, BALL SIDE R, FLICK R

1&2 Left back, Right together Left, Left back
3 – 4 & ¼ turn right, step right to right, hold
5 – 6 & Step right to right, bring left to right, hold
7 – 8 Step right to right, bring left to right, bend right knees out and point right to right

SEQ 3 : CROSS STEP R, SIDE L, BEHIND SIDE CROSS, SIDE ROCK, JAZZBOX

1 – 2 Cross right over left, step left to left
3&4 Step right behind left, step left next to right, step right across left
5 – 6 Weight on left, recover on right
7 – 8 & Cross left over right, step right behind left, step left next to right

SEQ 4 : SWAY x3, TOUCH R, BACK DIAGONAL R, TOUCH, BACK DIAGONAL L, TOUCH R

1 – 2 Swing left hip to left, return to right hip
3 – 4 Swing hip left to left, touch right next to left
5-6 Step right back diagonally right, Touch left next to right
7 – 8 & Step left diagonally to left, touch right next to left

Restart : On the 4th wall facing 12:00
- Do a SIDE ROCK to R instead of the FLICK R*

Final (12:00): Do the first 8 counts and do a back slide* L Back slide: Slide left back, right forward
Optional: Unfold the arms forward to "facilitate" the back slide
And we start again from the beginning ☐

SMILING WHEN YOU DANCE ♥

Legend : RF : Right Foot | LF : Left Foot | Weight : Body Weight

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