

This Song is About You

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 2 级数: Intermediate
编舞者: Nathan Gardiner (SCO) - May 2024
音乐: This Song Is About You - Olly Murs



Intro: 16 counts

Step Back, Step Back, $\frac{1}{2}$ R, $\frac{1}{2}$ R, Behind, Side L, Cross Unwind Full Turn L, Weave R

- 1 Step back on R dragging L towards R
- 2&3 Step back on L, $\frac{1}{2}$ R stepping forward on R, $\frac{1}{2}$ R stepping back on L sweeping R from front to back
- 4& Step R behind L, Step L to L side
- 5-6 Cross R over L, Unwind full turn L (weight ends on L)
- 7&8& Step R to R side, Step L behind R, Step R to R side, Cross L over R

Side R, Rock Back, Recover, Side L, Behind, $\frac{1}{4}$ L, Step Forward, Mambo $\frac{1}{2}$ L, Full Turn L

- 1-2& Step R to R side, Rock back on L, Recover on R
- 3-4& Step L to L side, Step R behind L, $\frac{1}{4}$ L stepping forward on L
- 5 Step forward on R
- 6&7 Rock forward on L, Recover on R, $\frac{1}{2}$ L stepping forward on L
- 8& $\frac{1}{2}$ L stepping back on R, $\frac{1}{2}$ L stepping forward on L

$\frac{1}{4}$ L, Rock Back, Recover, Side L, Rock Back, Recover, Sway R & L, Run $\frac{3}{4}$ R

- 1-2& $\frac{1}{4}$ L stepping R to R side, Rock back on L, Recover on R
- 3-4& Step L to L side, Rock back on R, Recover on L
- 5-6 Sway to R side, Sway to L side
- 7&8&1 Run $\frac{3}{4}$ R stepping R, L, R, L, R

Cross, Side R, $\frac{1}{4}$ L into Rock Back, Recover, Full Turn R, Walk Forward L & R, Mambo $\frac{1}{2}$ L

- 2& Cross L over R, Step R to R side
- 3& $\frac{1}{4}$ L rocking back on L, Recover on R
- 4& $\frac{1}{2}$ R stepping back on L, $\frac{1}{2}$ R stepping forward on R
- 5-6 Step forward on L, Step forward on R
- 7&8 Rock forward on L, Recover on R, $\frac{1}{2}$ L stepping forward on L

(End of each wall do a further half turn Left on ball of L foot hitching R knee slightly to face the new wall)

Contact: nathan.gardiner1998@hotmail.co.uk

Restart 1: On wall 3 after 18 counts change the side R, Rock Back, Recover to Sway R & L then Restart the dance

Restart 2: On Wall 6 after 24 counts change the $\frac{3}{4}$ Run R to Run $\frac{1}{2}$ R stepping R, L, R, L then add Sway R, Sway L then Restart the dance