

I Wanna Thank Me

COPPERKNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Improver
编舞者: Roy Hoeben (NL) - June 2024
音乐: I Wanna Thank Me (feat. Niecy Nash) - Meghan Trainor



Sequences: AAB AAB BBB

Start the dance after 16 counts

Part A 32 counts

Slide R, cross, 1/2 turn, cross rock.

1-4 RF slide right, Hold, LF next RF, RF cross over LF.
5-8 1/4 turn right step LF back, 1/4 turn right step RF right, LF cross over, RF weight transfer.

Slide L, cross, 1/2 turn, cross step.

1-4 LF slide left, Hold, RF next LF, LF cross over.
5-8 1/4 turn left step right back, 1/4 turn left step LF left, RF cross over, LF step left.

Sweep back, rock back, 1/2 turn, rock back.

1-4 RF cross behind LF, LF sweep back, LF step back, RF weight transfer.
5-8 1/2 turn right LF step back, Hold, RF step back, LF weight transfer.

Walk, walk, jazz box.

1-4 RF step forward, Hold, LF step forward, Hold.
5-8 RF cross over LF, LF step back, RF step right, LF cross over RF.

Part B 32 counts

Triple, triple, out-out, hips.

1&2 RF step right, LF step in place, RF step in place. RH&LF right diagonal up.
3&4 LF step in place, RF step in place, LF step in place. RH&LH left diagonal up.
&5-6 RF step right, LF step LF, Hold.
7-8 Hips Right, Hips Left.

1/2 turn left, pray, arms go round down.

1-4 1/4 turn left RF step right, LF cross over RF, 1/4 turn left RF step right, LF cross over RF.
5-8 RF next LF arms up as pray, Hold, RH & LH make a circle down.

Rock, rock, 1/2 turn hitch, walk, walk.

1-4 RF rock forward, LF weight transfer, RF rock back, LF weight transfer.
5-8 1/2 turn left RF hitch, RF step forward, LF step forward, RF step forward.

Pony, pony, coaster step, walk, walk.

1&2 LF back hitch right knee, RF next LF, LF back right knee.
3&4 RF back hitch left knee, LF next LF, RF back left knee.
5&6 LF back, RF next LF, LF step forward.
7-8 RF step forward, LF step forward.