

Save Myself

拍数: 32 墙数: 2 级数: Advanced NC2S
编舞者: Hayley Wheatley (UK) - October 2024
音乐: Save Myself - Ed Sheeran



No intro - Start with RF crossed over L for count 1 ready to continue the first wall of the dance from count 2 as soon as music starts.

Sequence:

End of Wall 3 > Tag [6:00]

End of Wall 5 > Tag [6:00]

Wall 7 after count 14 > Bridge > Tag > Restart [6:00]

End of Wall 8 > Tag > Sways > Tag > Ending [12:00]

Sec 1 Cross, Side Rock, Recover $\frac{1}{4}$, $\frac{7}{8}$ Spiral right, $\frac{3}{8}$ Run Round RLR Sweep L, Cross L, Side R, $\frac{1}{8}$ L Back Mambo

1,2& Cross R over L (1), Side rock L to left (2), Make $\frac{1}{4}$ right Recover R (&) [3:00]
3 Step fwd on L and Spiral $\frac{7}{8}$ right [1:30]
4&5 $\frac{1}{8}$ right stepping fwd R(4), $\frac{1}{8}$ right stepping fwd L(&), $\frac{1}{8}$ right stepping RF fwd and sweeping LF around back to front (5) [6:00]
6,7 Cross L over R (6), Step Side R (7)
8&1 Rock back $\frac{1}{8}$ left L (8), Recover fwd R (&), Step fwd L (1) [4:30]

Sec 2 Right Fwd Mambo Hitch Turn $\frac{1}{8}$, Weave, $\frac{1}{2}$ unwind right, Cross L, Reverse rolling turn left $\frac{1}{4}$ $\frac{1}{2}$ $\frac{1}{4}$,

2&3 Rock fwd R (2), Recover L (&), Step back R hitching L knee up making a $\frac{1}{8}$ left (3) [3:00]
4&5, Cross L behind R (4), Step Side R (&), Cross L over R (5),
6,7 Unwind $\frac{1}{2}$ turn R (weight R) (6), Cross L over R (7) [9:00]*

***Restart here with bridge & Tag on wall 7 (see below)**

8&1 $\frac{1}{4}$ left stepping back R (7), $\frac{1}{2}$ left stepping fwd L (&), $\frac{1}{4}$ left stepping side R

Sec 3 Close into L basic, Cross R, Weave, $\frac{1}{8}$ Hitch L, Rock L, Recover R, Ball Back

2,3 Close L next to R (2), Cross R over L (3)
4&5 Step Side L (4) Cross R behind L (&), Step Side L (5)
6,7 $\frac{1}{8}$ left Cross R over L Hitching L knee and reaching R arm upwards (6), Rock Fwd L (7) [7:30],
8 Recover R (8), (small half beat pause here on walls 3 5 7 & 8 so as the next counts can hit the "farewell" on those walls)
&1 Step L next to R (&), Step back R (1)

On walls 3, 5, 7 & 8 there is a slight pause after count 8 before you dance the "ball back" so that the steps can hit on the moment where he sings "no farewell". (raise arm again on these counts but this time bidding a small circular "adieu" with the hand)

Sec 4 $\frac{1}{8}$ Back L, $\frac{1}{4}$ Fwd R, 1/2 Turn Sweep Collect, Fwd L, Sway RLR Drag L, Ball step

2,3 $\frac{1}{8}$ right Step back L (2), $\frac{1}{4}$ right stepping fwd R (3) [12:00]
4,5 Step weight onto RF while sweeping LF out, collecting it beside R and making a $\frac{1}{2}$ right (4)
Step Fwd L (5) [6:00]
6,7,8& Sway right (6), Sway left (7), Sway right dragging L to R (8), Step L next to R (&)

TAG (to 6:00 at end of wall 3 & 5, &7 after Restart tag below. To 12:00 at end of wall 8)

1-8 Walk RL, Lunge R, Recover L, $\frac{1}{8}$ left Cross Rock, Back Sweeps RL, Back L, Hook R
1,2,3 Fwd R (1), Fwd L (2), Lunge R to right side (3)
(Arms: On lunge Sweep R arm over head in a circle from front to back like a big halo)
4,5 Recover L (4), $\frac{1}{8}$ left Rock R over L (5) [4:30]
(Arms: R hand to heart (4), L hand cross over R (5) drop arms for back sweeps)

6,7,8 Back L Sweep R (6), Back R Sweep L (7), Back L Hook R (8)

Wall 7 "Bridge" after 15 counts

Cross Rock, Recover, Ball Back, Back 1/8, 1/2 Turn Sweep Collect, Fwd L, Sway RLR Drag L, Ball step

7,8& 1/8 right Cross rock L over R (7), Recover on R (8) [10:30], Step L next to R (&) [10:30]

1,2,3 Step back R (1) Step back L (2), 1/8 right stepping fwd R (3) [12:00]

4,5 Step weight onto RF while sweeping LF out, collecting it beside R and making a 1/2 right (4)
Step Fwd L (5) [6:00]

6,7,8& Sway right (6), Sway left (7), Sway right dragging L to R (8), Step L next to R (&)

(into the Tag, then restart)

Ending after wall 8

Tag, Sways, Tag, Step 1/2 pivot left, 1/2, 1/2, 1/2 left, back sweeps R L, Pose

[1-8] Tag 1-8 as above

1-4 Step RF down swaying L (5) Sway right (6), Sway left (7), Sway right dragging L to R (8),
Step L next to R (&)

[1-8] Tag 1-8 as above

1,2 Step fwd R (1), 1/2 pivot left on L (2) [6:00]

3&4 1/2 left stepping back R (3), 1/2 left stepping fwd L (&) 1/2 left stepping back R (4) [12:00]

5,6,7 Step Back L sweep R (5), Step Back R sweep L (6) Step Back L (7)

8 Pose, bending knees slightly and put hands on heart for "love myself" <3

**This one is very meaningful to me and I hope it will be to others who can relate to the sentiment of the lyrics .
Try to feel the steps with the music rather than overcounting it and enjoy all the feels <3**
