

# Recommence-Moi

COPPER KNOB  
BY SHEETS

拍数: 32                      墙数: 2                      级数: Beginner  
编舞者: Francois MURAIRE (FR) - February 2025  
音乐: Recommence-moi - SANTA : (Album: Recommence-Moi)



Designed for beginner to better understand music structure, Tags and Restarts which are very easy

**\*\*2 Tags, 1 Restart, 1 Tag/Restart**

**Introduction : Start on the Lyrics "PLUS" at 25 seconds "Et s'il ne reste PLUS rien ..."**

## **[1-8] FORWARD RIGHT & LEFT, ANCHOR STEP, BACK, BACK, COASTER CROSS**

1 – 2                      RF forward (1), LF forward (2)  
3 & 4                      ANCHOR STEP : Cross Rock RF behind LF (3), Recover on LF (&) - RF slightly backward (4)  
5 – 6                      LF backward (5), RF backward (6)  
7 & 8                      COASTER CROSS : LF backward on ball (7), RF backward on ball next to LF (&), Cross LF over RF (8)

## **[9-16] SIDE, BEHIND, SIDE, CROSS, SIDE, CROSS ROCK, RECOVER, LEFT TRIPLE STEP**

1                          Step RF to R side (1)  
2 & 3                      Cross LF behind RF (2), step RF to R side (&), cross LF over RF (3)  
4 – 6                      Step RF to R side (4), Cross Rock LF over RF (5), Recover on RF (6)  
7 & 8                      TRIPLE STEP : LF to left side (7), RF close to LF(&), LF to left side (8)

## **[17-24] STEP, KICK, BACK, TOUCH, V-STEP**

1 – 4                      Step RF forward (1), Kick LF forward (2), Step LF backward (3), Point RF backward (4)  
**\* Wall 3 at 12h00 : Restart**  
5 – 8                      V-STEP : Step RF diagonally right fwd (5), step LF diagonally left fwd (6) Step RF back in center (7), step LF next to RF (8)

## **[25-32] MONTEREY ½ TURN, STEP, TOUCH, BACK, TOUCH**

1 – 4                      MONTEREY ½ TURN : Point RF to R side (1), Pivot ½ R on LF bringing RF close to LF (2) (Weight on RF) (6h00) Point LF to L side (3), LF close to RF (4) (Weight on LF)  
**\* Wall 8 at 6h00 : TAG2 & Restart**  
5 – 8                      Step RF diagonally right forward (5), Touch LF close to RF (6), Step LF diagonally left back (7), Touch RF close to LF (8)

## **\* TAG1 : Walls 1 & 5**

### **TAG1 : V-STEP End of Wall 1 at 6h00 & End of Wall 5 at 12h00 (on Lyrics "1, 2, 3, Recommence")**

1 – 4                      V-STEP : Step RF diagonally right fwd (1), step LF diagonally left fwd (2) Step RF back in center (3), step LF next to RF (3)

## **TAG2 : FORWARD \*2**

1 – 2                      RF forward (1), LF forward (2) (Then Restart)

**Smile & Have Fun**