

Be Somebody

COPPER KNOB
BY STEPHEN METZ

拍数: 0

墙数: 4

级数: Intermediate/Advanced east coast
swing



编舞者: Michael Diven (USA)

音乐: Get Drunk and Be Somebody - Toby Keith

Sequence: AAAA, A(1-32), B, A to the end

PART A

KICK, KICK, SAILOR STEP, KICK, KICK, SAILOR STEP WITH ¼ TURN

- 1-2 Kick right foot forward, kick right foot to right side
- 3&4 Right sailor step
- 5-6 Kick left foot forward, kick left foot to left side
- 7&8 Left sailor step with a ¼ turn left

ROCK, RECOVER, RIGHT SHUFFLE WITH ½ TURN, STEP, PIVOT ½ TURN, LEFT SHUFFLE

- 1-2 Rock forward on right foot, recover back on left
- 3&4 Shuffle right, left, right while turning ½ turn to the right
- 5-6 Step forward on left foot and pivot ½ turn to the right
- 7&8 Left shuffle forward

CROSS STEP, STEP, SAILOR, CROSS STEP, STEP, SAILOR WITH ½ TURN

- 1-2 Cross step right over left, step left to left side
- 3&4 Right sailor step in place
- 5-6 Cross step left over right, step right to the right side
- 7&8 Left sailor step with a ½ turn left

ROCK, RECOVER, RIGHT SHUFFLE WITH ½ TURN, STEP, PIVOT ½ TURN, WALK, WALK

- 1-2 Step forward on right foot, recover weight back on left
- 3&4 Right shuffle with ½ turn to the right
- 5-6 Step forward on left foot, pivot ½ turn to the right (weight is on right foot)
- 7-8 Walk forward left, right

WALK, TOE TOUCH, SYNCOPATED VINE LEFT, TOE TAP TWICE, SYNCOPATED VINE RIGHT

- 1-2 Step forward on left foot, tap right toe to the right side
- 3&4 Left syncopated grapevine stepping right foot behind left, left to the side, right in front of left
- 5-6 Tap left toe to the left side two times
- 7&8 Right syncopated grapevine stepping left foot behind right, right to right side, left in front of right

PART B

WALTZ RIGHT, WALTZ LEFT

- 1-2 Step left across right, side step right to right
- 3 Step left in place, next to right
- 4-5 Step right across left, side step left to left
- 6 Step right in place, next to left

WALTZ RIGHT, WALTZ LEFT

- 1-2 Step left across right, side step right to right
- 3 Step left in place, next to right
- 4-5 Step right across left, side step left to left while pivoting ¼ turn to the right
- 6 Pivot ½ turn to the right, while stepping on the right foot

WALTZ RIGHT, WALTZ LEFT

- 1-2 Step left across right, side step right to right
3 Step left in place, next to right
4-5 Step right across left, side step left to left
6 Step right in place, next to left

WALTZ RIGHT, WALTZ LEFT

- 1-2 Step left across right, side step right to right
3 Step left in place, next to right
4-5 Step right across left, side step left to left while pivoting $\frac{1}{4}$ turn to the right
6 Pivot $\frac{1}{2}$ turn to the right, while stepping on the right foot

LEFT SCISSOR STEP, STEP, $\frac{1}{4}$ PIVOT, CROSS STEP

- 1-2-3 Step left foot to left side, slide right next to left, cross step left over right
4-5-6 Step right to right side, pivot $\frac{1}{4}$ turn left, cross right over left foot

LEFT SCISSOR STEP, STEP, $\frac{1}{4}$ PIVOT, CROSS STEP

- 1-2-3 Step left foot to left side, slide right next to left, cross step left over right
4-5-6 Step right to right side, pivot $\frac{1}{4}$ turn left, cross right over left foot

LEFT SCISSOR STEP, STEP, $\frac{1}{4}$ PIVOT, CROSS STEP

- 1-2-3 Step left foot to left side, slide right next to left, cross step left over right
4-5-6 Step right to right side, pivot $\frac{1}{4}$ turn left, cross right over left foot

LEFT SCISSOR STEP, STEP, $\frac{3}{4}$ UNWIND

- 1-2-3 Step left foot to left side, slide right next to left, cross step left over right
4-5-6 Slow unwind $\frac{3}{4}$ turn to the right (nice and slow) (weight ends on the left foot)

SWIVEL STEPS FORWARD

- 1 Moving forward cross right over left
2 Moving forward cross left over right
3 Moving forward cross right over left
4 Moving forward cross left over right
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