

# Being Me

COPPER KNOB  
BY STEPHEN BERTS

拍数: 48      墙数: 2      级数: Intermediate  
编舞者: Lorraine Shelton (AUS) - September 2013  
音乐: Learning to Live - Beth Hart : (Show Theme Song)



## ROCK, 1/2, FULL TURN, FORWARD, BACK& BACK, FORWARD

1,2,3&4&      Rock forward R, Recover back onto L, Turn 1/2 R – Step forward R, R full turn forward (L,R,L)  
5,6&7,8      Step Forward onto R, Recover back onto L, Step R tog, Step back onto L, Step forward onto R

## FORWARD, 1/4 PIVOT, WEAWE , SWAY, BEHIND UNWIND

&1,2,3&4&      Step L Tog, Step forward R – 1/4 pivot to L, Cross R over L, Step L to L side, Cross R Behind L, Step L to side  
5,6,7,8      Sway Hips to R, Sway Hips to L, Cross R over L-unwind 1/2 turn L (Keep weight on L)

## STEP SWEEP, STEP SWEEP, ROCK, 1/2 TURN, STEP SWEEP, STEP SWEEP, ROCK 1/4 TURN

1&2&3&4&      Step forward R sweeping L forward, Step L Forward sweeping R forward, Step forward onto R, Recover onto L, (\*\*) Turn 1/2 to R step forward onto R, Step forward onto L  
5&6&7&8&      Step forward R sweeping L forward, Step L Forward sweeping R forward, Step forward onto R, Pivot 1/4 turn L, Cross R Over L, Step L to L side

## BACK ROCK, BACK ROCK, 1/2 TURN, FULL TURN, WALK FORWARD, TOGETHER

1,2&3,4&      Rock back on R behind L, Recover forward onto L, Step R to R side, Rock back on L behind R, Recover forward onto L, Step L to L side  
5,6&7&8      Turn 1/2 R and step forward on R, Full turn forward, Step forward on L, Step R together, Step L forward

## 1/4 PIVOT, CROSS 1/2, 1/2 TURN, POINT, SAILOR, 1/4 TURN, STEP FORWARD, ROCK

1,2,3&4      Step forward on R, 1/4 Pivot turn L, Cross R over L -1/2 turn L (weight stays on L) Cross R over L turning 1/2 L (making a full turn) Point R to Side  
5&6&7,8      Cross R behind L, Step L to L side, Step R to R Side, Turn 1/4 L- step L to L side, Rock forward on R, Recover L

## 1/4 TURN STEP & POINT, BEHIND, SIDE, FRONT, HIPS, 1/4 SAILOR, STEP

1,2&3,4      Turn 1/4 R – Step R to R side, Point L to L side, Cross L behind R, Step R To R side, Cross L over R,  
5,6&7,8&      Step R to R side and sway hips R L, Cross R behind L, Turn 1/4 R, Step L to L side, Step R to side, Step forward L

\*\* Short Wall 5 –instead of the 1/2 turn, make a 1/4 turn R step onto R, Step L forward and Restart facing the front wall.

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(Version 3)

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