

Beautiful Me

COPPERKNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Francien Sittrop (NL) - November 2013
音乐: Little Me - Little Mix : (Album: Salute - Deluxe Edition 2013)



Intro: Start after 16 counts

[1 – 9] Side, Behind Side, Rocking Chair (diagonally R), $\frac{1}{4}$ L, TripleTurn L, Step fwd, $\frac{1}{4}$ R, Cross

1-2& Step R to R side , Step L behind R, Step R to R side
3&4& Rock L across R, Recover on R, Rock L back, Recover on R
5 $\frac{1}{4}$ Turn L step L fwd (09.00)
6 & 7 $\frac{1}{2}$ Turn L step R back, $\frac{1}{2}$ Turn Back step L fwd, Step R fwd
8 & 1 Step L fwd, $\frac{1}{4}$ Turn R, Step L across R (12.00)

[10-17] $\frac{1}{2}$ Turn L, Vine L, $\frac{1}{4}$ Turn R, Together , Fwd, Full Turn L

2&3& $\frac{1}{4}$ Turn L step R back, $\frac{1}{4}$ Turn L step L step to L side, Step R across L, Step L to L side (06.00)
4 & 5 Step R behind L, Step L to L side, Step R across L
6 & 7 $\frac{1}{4}$ Turn R step L back, Step R next to L, Step L fwd (09.00)
8 & 1 $\frac{1}{4}$ Turn L step R back, $\frac{1}{2}$ Turn L step L fwd, $\frac{1}{4}$ Turn L step R to R side (09.00)

[18-25] Rock, Recover, Side, Rock Recover, $\frac{1}{4}$ Turn L , Rock Recover, Step, Lock, Mambo, Step back, Sweep

2 & 3 Rock L back, Recover on R, Step L to L side
4 & 5 Rock R back, Recover on L, $\frac{1}{4}$ Turn L step R to R side (06.00)
6 & Rock L back, Recover on L
7 & Step L fwd. Lock R behind L
8 & 1 Rock L fwd, Recover on R, Step L back and sweep R to the back

[26-32] Step Back Sweep x2, Sailor $\frac{1}{4}$ Turn R, Rock Recover , $\frac{1}{2}$ Turn L, $\frac{1}{2}$ Turn L, Touch Twice

2 – 3 Step R back and sweep L to the back, Step L back and sweep R to the back
4 & 5 Sweep R behind L with $\frac{1}{4}$ Turn R, Step L to L side, Step R fwd (09.00)
6 & 7 Rock L fwd, Recover on R, $\frac{1}{2}$ Turn L step L fwd and sweep R fwd and make another Turn L (09.00)
8 & Touch R twice next to L

Restarts during walls 2 & 5:

After count 17(8&1) . Count 17 will be count 1 in the new wall

Tag after wall 3:

Basic NC steps R & L

1-2& Step R to R side, Rock L behind R, Recover on R
3-4& Step L to L side, Rock R behind L, Recover on L

Start again with count 1

Ending: Last Wall ends on the back wall. Then Cross R over L and make a $\frac{1}{2}$ Turn L to the front wall and step R to R side and Pose

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Last Update - 21st Feb 2014