

Sober Me Up

COPPER KNOB
BYEPOSTHEATS

拍數: 48 牆數: 2 級數: Intermediate
編舞者: Willie Brown (SCO) - January 2015
音樂: Sober Me Up - Frankie Ballard : (Album: Sunshine & Whiskey)



Intro; 24 counts – on the word 'mess' – 14 secs approx (approx 120 bpm) □□□

Section 1: □Left twinkle, Right cross-side-behind

1,2,3 Cross Left over Right, step Right to Right side, step Left to Left side
4,5,6 Cross Right over Left, step Left to Left side, cross Right behind Left

Section 2: □Big step Left and drag, ½ turn Right, point hold

1,2,3 Big step to Left on Left, drag Right to Left over 2 counts (keep weight on Left)
4,5,6 Turn ¼ Right stepping on Right, turn ¼ Right and point Left to Left side, hold for 1 count □ [6]

Section 3: □¼ turn Left, cross rock, recover, side

1,2,3 Turn ¼ Left stepping on Left, turn ½ Left and step back on Right, step Left slightly to Left side [9]

4,5,6 Cross rock Right over Left, recover weight back on Left, step Right to Right side

Section 4: □Cross Left over right, point Right, hold, Cross Right behind left, point Left, hold

1,2,3 Cross Left over Right, point Right to Right side, hold for 1 count
4,5 .6 □ Cross Right behind Left, point left to Left side, hold for 1 count

(harder option for 4,5,6 – full Monterey turn over Right shoulder)

Section 5: □Left cross ¼ turn left x 2, Right cross ¼ turn right x 2

1,2,3 Cross Left over Right, turn ¼ Left and step back on Right, turn ¼ Left and step Left to Left side
4,5 .6 □ Cross Right over Left, turn ¼ Right and step back on Left, turn ¼ Right and step Right to Right side

Section 6: □Cross Left, kick Right, Right back basic

1,2,3 Cross Left over Right, kick Right foot to Right diagonal over 2 counts (stay facing diagonal) [10.30]

4,5,6 Step back on Right, step Left beside Right, step Right beside Left (facing diagonal)

Section 7: □Forward basic with ½ turn Left, back basic with ½ turn Left

1,2,3 Step forward on Left, turn ½ Left and step back on Right, step Left beside Right
4,5,6 Step back on Right, turn ½ Left and step forward on Left, step Right beside Left (facing diagonal)

Section 8: □Forward basic, step back, ¼ turn Left, 1/8 turn Left

1,2,3 Step forward on Left, step Right beside Left, step Left beside Right (facing diagonal)
4,5,6 Step back on Right, turn ¼ Left and step Left to Left side, turn 1/8 Left and step Right to Right side [6]

(during counts 4,5,6 try moving in a smooth 'arc' towards the next wall)

...START AGAIN

Tag; at the end of wall 7, facing 6 o'clock, add the following;

Left twinkle, Right twinkle

1,2,3 Cross Left over Right, step Right to Right side, step Left to Left side
4,5,6 Cross Right over Left, step Left to Left side, step Right to Right side

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