

Please Me

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Kate Sala (UK) & Dee Musk (UK) - November 2015
音樂: Please - Rod Stewart : (Album: Another Country)



Intro: Start 32 counts after first heavy beat - about 42 seconds in.

S1: STEP FORWARD, FORWARD COASTER STEP, DRAG, COASTER STEP, STEP FORWARD WITH HIP BUMPS

1 2 & 3 Step forward on R. Step forward on L. Step R next to L. Long Step back on L.
4 Drag R towards L.
5 & 6 Step back on R. Step L next to R. Step forward on R.
7 & 8 Step forward on ball of L bumping hips forward, bump hips back, Bump hips forward taking weight on

S2: STEP FORWARD, PIVOT 1/4 TURN LEFT, KICK, OUT, OUT, SAILOR STEP 1/4 TURN RIGHT, STEP, SWEEP 1/4 TURN LEFT

1 2 Step forward on R. Pivot 1/4 turn left. (9:00)
3 & 4 Kick R across L. Step R out to right side. Step L out to left side.
5 & 6 Cross step R behind L. Turn 1/4 right stepping L to left side. Step forward on R. (12:00)
7 8 Step forward on L. Sweep R round from back to front making 1/4 turn left. (9:00)

S3: CROSS SHUFFLE, SIDE ROCK LEFT, RECOVER, BEHIND, SIDE, CROSS, HOLD, BALL STEP FORWARD

1 & 2 Cross step R over L. Step L to left side. Cross right over L.
3 4 Side rock out on L to left side. Recover on to R.
5 & 6 Cross step L behind R. Step R to right side. Cross step L over R.
7 & 8 Hold, Step on ball of R to right side. Step forward on L

S4: ROCK FORWARD, RECOVER, TRIPLE FULL TURN RIGHT, FORWARD, TAP, BACK WITH KICK, COASTER STEP

1 2 Rock forward on R. Recover on to L.
3 & 4 Triple step full turn right on R, L, R.
5 & 6 Step forward on L. Tap R behind L. Step back on R Low Kicking L forward.
7 & 8 Step back on L. Step R next to L. Step forward on L.

(Add the BRIDGE here during wall 2)

S5: WALK X 2, MAMBO 1/4 TURN RIGHT, CROSS, TURN 1/4 LEFT, BACK, TURN 1/4 RIGHT

1 2 Walk forward on R, L.
3 & 4 Rock forward on R. Recover on to L. Turn 1/4 right stepping R to right side. (facing 12 o'clock)
5 6 Cross L over R. Turn 1/4 left stepping back on R.
7 & 8 Step back on L, Turn 1/4 right stepping R to right side. Cross L over R. (facing 12 o'clock)

S6: SIDE ROCK, RECOVER, BEHIND, SIDE CROSS, HINGE 1/2 RIGHT, SHUFFLE FORWARD

1 2 Rock out on R to right side. Recover on to L.
3 & 4 Cross step R behind L. Step L to left side. Cross step R over L.
5 6 Turn 1/4 right stepping back on L. turn 1/4 right stepping R to right side.
7 & 8 Step forward on L. Step R next to L. Step forward on L. (6:00) (Restart from here during wall 2)

S7: STEP FORWARD WITH HIP BUMPS, KICK BALL STEP, ROCK, RECOVER, TOE SWITCHES R, L

- 1 & 2 Step forward on ball of R bumping hips forward, bump hips back, Bump hips forward taking weight on R
- 3 & 4 Kick L forward. Step down on ball of L. Step forward on R.
- 5 6 Rock forward on L. Recover on to R.
- &7&8& Bring L next to R and touch R toe forward, Step R next to L, Touch L toe forward, Step L next to R

S8: ROCK, RECOVER, TURN 1/2 & 1/4 X 2 RIGHT, HOLD, BALL STEP FORWARD ON R, L

- 1 2 Rock forward on R, Recover,
- 3 4 Turn 1/2 right stepping forward R, Turn 1/4 right stepping L to left side.
- 5 6 Turn 1/4 right stepping R out to right side, Hold,
- & 7 8 Step ball of L next to R. Walk forward on R, L. (6:00)

Start Again!

***Bridge: Dance the following 8 counts after 32 counts during wall 2, facing 3 o'clock.**

- 1 2 3 4 Long step right on R. Drag L in towards R. Cross rock L behind R. Recover on R.
- 5 6 7 8 Long step left on L. Drag R in towards L. Cross rock on R behind L. Recover on L

***Restart: After the bridge dance a further 16 counts of the dance and then start the dance from the beginning, facing the front wall.**

Ending: Dance counts 1 - 4 of section 5 facing front wall and drag L in towards R. Taa Daal!
