

Poor Me

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Flavia Ruzzier (IT) - January 2016
音樂: Poor, Poor Pitiful Me - Terri Clark



Intro: 32 counts

SECT. 1 – SCISSOR STEP RIGHT & LEFT, HOLD

1-2-3-4 Step right on right side, step left beside, cross right over left, hold
5-6-7-8 Step left on left side, step right beside, cross left over right, hold

SECT. 2 – 2 X KICK RIGHT FORWARD, ¼ TURN RIGHT & STEP RIGHT FORWARD, STOMP UP LEFT, STEP LEFT SIDE, STOMP UP RIGHT, ROCK STEP RIGHT BACK

1-2-3-4 2 x kick right forward, step right forward turning ¼ on right, stomp up left beside,
5-6-7-8 Step left side, stomp up right beside, rock right back (jumping), recover on left

SECT. 3 – 2 X KICK RIGHT FORWARD, ¼ TURN RIGHT & STEP RIGHT FORWARD, STOMP UP LEFT, STEP LEFT SIDE, STOMP UP RIGHT, ROCK STEP RIGHT BACK

1-2-3-4 2 x kick right forward, step right forward turning ¼ on right, stomp up left beside,
5-6-7-8 Step left side, stomp up right beside, rock right back (jumping), recover on left

SECT. 4 – VAUDEVILLE RIGHT & LEFT

1-2-3-4 Cross right over left, step left side, heel right forward, step right beside left (weight on right)
5-6-7-8 Cross left over right, step right side, heel left forward, step left beside right (weight on left)

SECT. 5 – STEP-LOCK-STEP RIGHT, STEP LEFT ½ TURN RIGHT, LOCK, STEP LEFT

1-2-3-4 Step right forward, lock left behind, step right forward, step left forward
5-6-7-8 ½ turn on right (weight on right), step left forward, lock right behind, step left forward

SECT. 6 – JAZZ BOX RIGHT, TOE IN, ½ TURN RIGHT & HEEL RIGHT FORWARD, SWITCH AND HEEL LEFT FORWARD, STOMP LEFT □ □

1-2-3-4 Cross right over left, step left back, step right side, cross left over right
5-6&7-8 Toe right in beside left, ½ turn on right pivoting on left ball and heel right forward, step right beside left, heel left forward, stomp left beside right

SECT. 7 – STOMP RIGHT (OUT), FAN HEELS-TOES-HEELS (IN) (WEIGHT ON LEFT), 2 x KICK RIGHT, STEP BACK RIGHT, HOLD

1-2-3-4 Stomp right side (out), recover both heels, toes, heels to the center (weight on left)
5-6-7-8 2 x kick right forward, step right back, hold

SECT. 8 – COASTER STEP LEFT, SCUFF RIGHT, COASTER STEP RIGHT, STOMP LEFT

1-2-3-4& Step left back, step right together, step left forward, scuff /hitch right
5-6-7-8 Step right back, step left together, step right forward, stomp left

RESTARTS AND TAG

~1° Restart: On 2nd wall after 19 counts: replace count 20 with a stomp (restart at 12:00)

TAG: At the end of 4th wall: Step right forward, hook left behind & slap right hand, step left back, kick right forward (Restart at 12:00)

~2° Restart: On 6th wall after 35 counts: replace count 36 with a stomp (restart at 12:00)

END: On 7th wall (12:00), replace Sect. 6 with:

1-2-3-4 Jazz box right: Cross right over left, step left back, step right side, cross left over

5-6 &7 Toe right in, heel right forward, step right beside left, heel left forward

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