

# Perfect 4U

**COPPERKNOB**  
STEPSHEETS

拍數: 64      牆數: 2      級數: Intermediate  
編舞者: Hayley Wheatley (UK) & Ann-Kristin Sandberg (NOR) - January 2016  
音樂: Perfect - One Direction : (Album: Made In The A.M.)



Music Available from iTunes and Amazon

Intro:- 8 Counts (Start on vocals)

**TAG: 4 count tag performed at the end of walls 2 and 4 (facing 12:00)**

## **S1: SIDE STEP, TOE TAP, SIDE STEP, BACK ROCK, RECOVER, KICK BALL CROSS, SHUFFLE ¼ TURN**

1-2            Step R foot to R side, tap L toe behind R foot  
3,4&        Step L foot to L side, Rock back onto R foot, recover onto L foot  
5&6        Kick R foot forward, step back onto ball of R foot, Cross L foot over R  
7&8        Step r foot to R side, close L foot beside R, Step R to R side making ¼ turn R (3:00)

## **S2: STEP PIVOT ½ TURN, LOCK STEP FORWARD, MAMBO STEP, HEEL BALL STEP**

1-2            Step forward on L foot, pivot ½ turn R, (9:00)  
3&4        Step forward on L foot, lock R foot behind L, step forward on L foot  
5&6        Rock forward on R foot, recover onto L, step R foot beside L  
7&8        Tap L heel forward, step onto L foot, step R foot forward

## **S3: ROCK RECOVER, ¼ TURN L, SIDE TOUCH, IN PLACE & CROSS, SIDE, BACK RECOVER, ¼ TURN L**

1-2            Rock L foot forw, Recover onto R  
3-4&        ¼ turn L stepping L foot to L side, Touch R toe next to L, Step R foot in place (6.00)  
5-6        Cross L foot over R, Step Right foot to R side  
7&8        Step L foot backw, Recover onto R, ¼ turn L stepping L foot forw (3.00)

## **S4: ½ TURN L, ¼ TURN L, CROSS, SIDE RECOVER, CROSS, SIDE RECOVER, FORW RECOVER, TOUCH**

1-2            ½ turn L stepping Right foot backw, ¼ turn L stepping L foot to L side (6.00)  
3-4&        Cross Right foot over L, Step L to L side, Recover onto R  
5-6&        Cross Left foot over R, Step R foot to R side, Recover onto L  
7&8        Rock R foot forw, Recover onto L, Touch R foot next to L

## **S5: SAILOR ¼ TURN, CHASSE ¼ TURN, ROCK BACK, RECOVER, SIDE CHASSE**

1&2        Step R foot behind L, making ¼ turn R step L foot to L side, step R slightly forward (9:00)  
3&4        Step L foot to L side making ¼ turn R, step R foot beside L, Step L foot to L side (12:00)  
5-6        Rock back onto R foot, recover onto L  
7&8        Step R foot to R side, step L foot beside R, step R foot to R side

## **S6: CROSS BEHIND, UNWIND ½ TURN, STEP PIVOT ½ TURN, SHUFFLE FORWARD, JUMP OUT OUT, KNEE POP**

1-2            Cross L foot behind R, unwind ½ turn L (6:00)  
3-4        Step forward on R foot, pivot ½ turn L (12:00)  
5&6        Step forward on R foot, step L beside R, step forward on R foot  
&7-8        Step forward and out onto L foot, Step forward and out onto R foot, Pop L knee inward keeping weight on R

## **S7: BASIC STEPS, 1/4 TURN L, SHUFFLE, STEP, PIVOT 1/2 TURN L WITH A HITCH**

1-2&        Step L foot to L side, Step R foot backw, Recover onto L  
3-4&        Step R foot to R side, Step L foot backw, Recover onto R  
5&6        1/4 turn L stpping L forw, Step R next to L, Step L forw (9:00)  
7-8        Step R forw, Pivot 1/2 turn L (weight on R) end with a hitch(3:00)

**S8: WALK, STEP, PIVOT 1/4 TURN R, STEP FORW, SIDE RECOVER, TOGETHER, SIDE RECOVER, TOGETHER**

1-2                Step L foot forw, Step R foot forw  
3&4                Step L foot forw, Pivot 1/4 turn R, Step L forw (06)  
5&6                Step R to R side, Recover onto L, Step R next to L  
7&8                Step L to L side, Recover onto R, Step L next to R

**TAG: to be performed at the end of walls 2 and 4**

&1-2                Step R foot back diagonally, touch L toe next to R foot, hold  
&3-4                Step L foot back diagonally, touch R toe next to L foot, hold

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