

Back To Being Me

COPPER KNOB
BY STEPHEN BRETZ

拍數: 40 牆數: 4 級數: Improver
編舞者: Yvonne Anderson (SCO) - January 2017
音樂: Back to Bein Me - Jamie Richards



Intro: Start on vocal

Notes: 4 count Tag at end of wall 2, Restart during wall 5 following count 32

[1-8] □ STEP TOUCH IN-OUT- 1/4 LEFT with HOOK, SHUFFLE FORWARD, STEP-PIVOT-STEP, 3/4 RIGHT-CROSS

- 1&2& Step R to right, (&) Touch L toes beside right, Touch Left toes to left, On ball of right make 1/4 turn left and hook L across right shin [9.00]
3&4 Shuffle forward stepping L, R, L [9.00]
5&6 Step R forward, (&) Make 1/2 turn left taking weight on L, Step R forward [3.00]
7&8 1/2 turn right stepping L back, (&) 1/4 turn right stepping R to side, Step L across right [12.00]

[9-16] □ SIDE-TOGETHER-FORWARD, SIDE TOGETHER-BACK, BACK-LOCK-BACK, FULL TRIPLE TURN (or coaster step)

- 1&2 Step R to right, (&) Step L beside right, Step R forward [12:00]
3&4 Step L to left, (&) Step R beside left, Step L back [12.00]
5&6 Step R back, (&) Lock L across right, Step R back [12.00]
7&8 Full turn left (on the spot) stepping L, R, L (12.00)

(Easier option counts 7&8, left coaster step)

[17-24] □ CROSS ROCK-SIDE ROCK, BEHIND-SIDE-DIAGONAL, STEP-LOCK-STEP, STEP-1/2 LEFT-STEP

- 1&2& Rock R across left, (&) Recover weight on L, Rock R to right, (&) Recover weight on L [12.00]
3&4 Step R behind left, (&) Step L to left, Step R forward and across left (11.30)
5&6 Step L forward to diagonal, (&) Lock R behind left, Step L forward to diagonal [11.30]
7&8 Step R forward to diagonal, (&) 1/2 turn left taking weight on L, Step R forward to diagonal [5.30]

[25-32] □ 3/4 RIGHT-CROSS, SIDE-ROCK-RECOVER R & L, STOMP X 2-KICK X 2

- 1&2 1/2 turn right stepping L back, 1/4 turn right stepping R to side, Step L across right squaring off [3.00]
3-4& Step R to right (long step), Rock L behind right, (&) Recover weight on R [3.00]
5-6& Step L to left (long step), Rock R behind left, (&) Recover weight on L [3.00]
7&8& Stomp R beside left, (&) Stomp R beside left, Kick R to right, (&) Kick R to right [3.00]

RESTART during wall 5 dance through to count 32 (facing 3.00 o'clock) then restart

[33-40] □ BEHIND-SIDE-CROSS, HINGE 1/2 TURN-STEP FORWARD, SHUFFLE FORWARD, STEP-PIVOT-STEP

- 1&2 Step R behind left, (&) Step L to left, Step R across left [3.00]
3&4 1/4 right stepping L back, (&) 1/4 right stepping R to side, Step L forward and across right [9.00]
5&6 Shuffle forward stepping R, L, R [9.00]
7&8 Step L forward, (&) 1/2 turn left taking weight on R. Step L forward [3.00]

REPEAT

TAG: At the end of wall 2 add a Jazz Box Cross

- 1-4 Step R across left, Step L back, Step R to right, Step L across right

