

Wear Me Out

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Brandi Hughes (CAN) - January 2017
音樂: Wear Me Out - Ryan Laird : (iTunes, amazon)



Intro: 16 Counts – Start on lyrics

Sec. 1. Sway (R, L), Coaster Step, Cross, ¼ Turn Sweep, ¼ Turn Sailor Step

1-2 Step Right to right side (1), Step Left to left side (2)
3&4 Step Right back (3), Step Left back beside right (&), Step Right forward (4)
5&6 Cross Left over right (5), Step Right back making ¼ turn left (9:00) (&), Sweep Left around from front to back (counterclockwise) (6)
7&8 Cross Left behind right (7), Step Right to right side making ¼ turn left (6:00) (&), Step Left to center (8)

Restart Here on Wall 4

Sec. 2. Point, Ball, Cross, Hold, Ball, Cross, Toe Struts (w/Hip Bumps)

1&2 Point right to right side (1), Step Right at center (&), Cross Left over right (2)
3&4 Hold (3), Step Right to right side (&), Cross Left over right (4)
5&6 Touch Right toe forward pushing right hip forward, Bring hip to center (&), Step Right heel down (6)
7&8 Touch Left toe forward pushing left hip forward (7), Bring hip to center (&), Step Left heel down (8)

Restart here on Wall 2 & 6

****Tag here on Wall 2****

Sec. 3. Rock/Recover, Shuffle Step Back, Point, ¼ Turn /Toe Tap, ¼ Turn, Point

1-2 Step Right foot forward (1), Recover weight back on Left (2)
3&4 Step Right back (3), Step Left back beside right (&), Step Right back (4)
5-6 Point Left to Left side (5), Turn ¼ turn Left (3:00) on Right foot tapping left toe forward (6)
7-8 Step Left beside right making ¼ turn right (6:00) (7), Point Right toe to right side (8)

Sec. 4. Weave, Hold, Rumba Box

&1&2 Step Right foot at center (&), Cross Left over right (1), Step Right to right side (&), Cross Left behind right (2)
&3-4 Step Right to right side (&), Cross Left over right (3), Hold (4)

Restart Here on Wall 8

5&6 Step Right to right side (5), Step Left beside right (&), Step Right forward (6)
7&8 Step Left to left side (7), Step Right beside left (&), Step Left back (8)

****Tag: Wall 2 – 4 Counts (Jazz Box)**

1-4 Cross Right over Left (1), Step Left back (2), Step Right to right side (3), Step Left forward (4)

Sequence (32, 16 + Tag, 32, 8, 32, 16, 32, 32-4, 32, 32, 8)

Enjoy!