

Know Your Name

拍數: 64 牆數: 2 級數:
編舞者: Caroline Cooper (UK) & James Himsworth (UK) - June 2017
音樂: Know Your Name By Mary Lambert - 4.05 Audio Version



Intro:16 Counts

SECTION ONE: STOMP, STOMP, HOLD, BALL SIDE, BACK ROCK, SIDE ROCK

1-2-3 Stomp R to R side, stomp L to L side, hold
&4 Step R next to L, step L to L side
5-6 Back rock R behind L, recover
7-8 Rock R to R side, recover

SECTION TWO: CROSS, SIDE, BEHIND, SIDE, CROSS ROCK, ¼ TURN SHUFFLE

1-2 Cross R over L, step L to L side
3-4 Cross R behind L, step L to L side
5-6 Cross R over L, recover L
7&8 ¼ turn R shuffle RLR {Ending, to finish dance @ 12 oclock shuffle ½ turn here}

SECTION THREE: STOMP, STOMP, HOLD, BALL SIDE, ROCKING CHAIR

1-2-3 Stomp L to L side, stomp R to R side, hold
&4 Step L next to R, step R to R side
5-6 Rock forward L, recover R
7-8 Rock back L, recover R

SECTION FOUR: STEP, ½, SHUFFLE FORWARD, ROCK, RECOVER, COASTER STEP {Option change coaster to triple full turn}

1-2 Step forward L ½ turn over R
3&4 Step forward L, step R next to L, step forward L
5-6 Rock forward R, recover L
7&8 Step back R, step L next to R, step forward R

SECTION FIVE: STEP LOCK STEP SCUFF, CROSS, BACK, BACK, CROSS

1-2 Step forward L, lock R behind L
3-4 Step forward L, scuff R forward
5-6 Cross R over L, step back L
7-8 Step back R, cross L over R

SECTION SIX: ½ MONTERAY, HEELS FORWARD, STEP BACK, STEP BACK

1-2 Point R to R side, ½ turn over R, stepping R next to L
3-4 Point L to L side, close next to R
5-6 Step forward on R heel, step forward on L heel {Option just step forward no heel leads}
7-8 Step back on R, step back L

SECTION SEVEN: CROSS, ROCK, SIDE TOUCH, SIDE, BEHIND, ¼ TURN BRUSH

1-2 Cross R over L, recover L
3-4 Step R to R side, touch L next to R
5-6 Step L to L side, cross R behind L
7-8 ¼ turn L stepping forward L, brush R {Restart here during wall 3& 6 facing 12 o'clock}

SECTION EIGHT: STEP ½ TURN, STEP, HOLD, TRIPLE FULL TURN, HOLD

1-2 Step forward R, ½ turn L stepping forward L
3-4 Step forward R, hold

5-6
7-8

½ turn R, stepping back L, ½ R, stepping forward R
Step forward L, hold
