

B.Y.OB. – Bring Yourself Over Babe

COPPERKNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Jennifer Killen (USA) - June 2017
音樂: Good Company - Jake Owen : (iTunes)



Intro: Start on lyrics

* Restart - ** Tag

(1-8) 4 count Weave with Quarter Turn, Shuffle Half Turn, Shuffle Forward

1&2& Step R to R, L Behind, R Side, L Front
3&4 R Side, L Behind, R step ¼ turn to (3:00)
5&6 Turn R Forward L, ½ turn step R, Bring L together (weight on L) (9:00)
7&8 Shuffle Forward on R, L, R.

(9-16) Sailor Step x2, Cross Rock, Side Shuffle L

1&2 L Sailor Step Forward (LRL)
3&4 R Sailor Step Back (RLR)
5-6 Rock L across R, recover weight on R
7&8 Side step L, step R next to L, side step L (weight on L) (exaggerated sway of hips!)

*Restart after 16 count on Wall 3

**Tag after count 16 on Wall 7: 2 beats (tuba horn) Full Turn (R over L, spin on L) (weight on L) – Restart dance

(17-24) ROCK RECOVER, FULL TURN TRIPLE, ROCK RECOVER, Side Shuffle L

1-2 Rock R forward, recover weight on L
3&4 Turn ½ R step forward R, step L next to R, turn ½ R step forward R (RLR) (9:00)
5-6 Rock L across R, recover weight on L
7&8 Side step L, step R next to L, side step L (weight on L) (exaggerated sway of hips!)

(25-32) ROCK LOCK STEP X2, MAMBO X2

1&2 Right Rock lock step
3&4 Left Rock lock step
5&6 Rock forward on Right (mambo step)
7&8 Rock back on Left - rock recover step (mambo step) (weight ends on Left)

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