

Find Yourself

COPPERKNOB
BY STEPHEN

拍數: 34 牆數: 4 級數: Intermediate
編舞者: Ami Carter (UK) - August 2017
音樂: Find Yourself - Brad Paisley : (Album: Cars - Movie Soundtrack)



Intro: 16 Counts

Restarts: Wall 1 after 30 counts. Wall 4 after 24 counts

[1 – 8] R NIGHTCLUB BASIC, L SIDE, BEHIND, SIDE, CROSS ROCK, RECOVER, BALL-CROSS, SIDE, BACK ROCK RECOVER

1 2& Step right to right side, step left foot behind right, cross right foot over left
3 4& Step left foot to left side, step right behind left, step left foot to left side
5 6&7 Cross right foot over left, recover back onto left, step right slightly to right, cross left over right
&8& Step right foot to right side, rock back onto right foot, recover onto right foot

[9 – 16] ¼ SPIRAL TURN, STEP, FULL TURN, SWEEP, CROSS, BACK, BACK, CROSS, BACK, BACK, CROSS, ¼, ½

1 Make ¼ turn right stepping left foot back then continue another ½ turn right on ball of left foot (9.00)
2&3& Step right foot forward, make ½ turn right stepping left foot back, make ½ turn right stepping right foot forward, sweep left foot from back to front (9.00)
4&5 Cross left over right, step right foot back to right diagonal, step left foot back to left diagonal
6&7 Cross right over left, step left foot back to left diagonal, step right foot back to right diagonal
&8& Cross left foot over right, make ¼ turn left stepping right foot back, make ½ turn left stepping left foot forward (12.00)

[17 – 24] ¼ NIGHTCLUB BASIC, ¼, STEP ½ PIVOT, WALK x3, STEP ½ PIVOT

1 2& Make ¼ turn left stepping right foot to right side, step left foot behind right, cross right foot over left (9.00)
3 4& Make ¼ turn stepping left foot forward, step right foot forward, make ½ turn left shifting weight to left foot (12.00)
5 6 7 Walk forward right, left, right
(Restart Here: Wall 4 – make ¾ turn shifting weight to left foot on count 8, facing 3.00)
8& Step left foot forward, make ½ turn right shifting weight to right foot (6.00)

[25 – 34] STEP FORWARD, FULL TURN, ¼ NIGHTCLUB BASIC, ¼, ¼ SIDE, CROSS, SIDE, NIGHTCLUB BASIC, ¼ TURN, STEP ¾ PIVOT

1 2& Step left foot forward, make ½ turn left stepping right foot back, make ½ turn left stepping left foot forward
3 4& Make ¼ turn left stepping right foot to right side, step left foot behind right, cross right foot over left (3.00)
5 6& Make ¼ turn right stepping left foot back, make ¼ turn right stepping right foot to right side, cross left foot over right (9.00)

(Restart Here: Wall 1 facing 9.00)

7 8& Step right foot to right side, step left foot behind right, cross right foot over left
9 10& Make ¼ turn left stepping left foot forward, step right foot forward, make ¾ turn left shifting weight to left foot (9.00)

START AGAIN

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