

# Ahead of Myself

COPPER KNOB  
STEPSHEETS

拍數: 64      牆數: 2      級數: Intermediate  
編舞者: Ria Vos (NL) - August 2018  
音樂: Ahead of Myself (The Knocks Remix) - X Ambassadors & The Knocks : (Single)



Intro: 64 Counts (± 35 sec)

## Sailor, Behind, Side, Cross, Side Rock, Cross Rock, Side, Point Behind

1&2      Step R Behind L, Step L to L Side, Step R to R Side  
&3-4      Step L Behind R, Step R to R Side, Cross L Over R  
5&      Rock R to R Side, Recover on L  
6&      Cross Rock R Over L, Recover on L  
7-8      Step R Big Step to R Side, Point L Behind R (option: swing arms R, look R)

## Vine ¼ L, Step, Lock, Step, Out-Out, Swivel, Bounce ¼ R

1&2      Step L to L Side, Step R Behind L, ¼ Turn L Step Fwd on L  
&3-4      Step Fwd on R, Lock L Behind R, Step Fwd on R  
5&      Step L Fwd and to L Side (out), Step R Fwd and to R Side (out)  
6&      Swivel R Toe to R and L Heel to L, Recover  
7-8      Bounce Heels Twice Turning ¼ Turn R (weight ends on L) \*\*\*Restart Point

## R Reverse Rocking Chair, Diagonal Back, Drag/Touch, L Reverse Rocking Chair, Diagonal Back, Drag/Touch

1&2&      Rock Back on R, Recover on L, Rock Fwd on R, Recover on L  
3-4      Big Step R to R Back Diagonal, Drag L Towards R/Touch  
5&6&      Rock Back on L, Recover on R, Rock Fwd on L, Recover on R  
7-8      Big Step L to L Back Diagonal, Drag R Towards L/Touch

## Walk Around ¾ Turn R, Point, ¼ L, Triple Full Turn L, Point Fwd

1&2&      Walk Around in a ¾ Circle Turn R Stepping R-L-R-L  
3-4      Step Fwd on R, Point L to L Side  
5      ¼ Turn L Step Fwd on L  
6&7      Triple Full Turn L Stepping R-L-R  
8      Point L Fwd \*\*\*Restart with Step Change Point

## L Step Back, Swivel, Hitch, Back, Hitch, Back, R L Step Back, Swivel, Hitch, Back, Hitch, Back

1&2      Step Back on L, Swivel Both Heels R, Recover  
&3      Hitch R, Step Back on R  
&4      Hitch L, Step Back on L  
5&6      Step Back on R, Swivel Both Heels L, Recover  
&7      Hitch L, Step Back on L, Hitch R, Step Back on R

## Behind, Side, Cross, ¼ L, Together, Step Fwd, Hip Turn ½ R, Hip Turn ½ R

1&2      Step L Behind R, Step R to R Side, Cross L Over R  
&3-4      ¼ Turn L Step Back on R, Step L Next to R, Step Fwd on R  
5&6      ¼ Turn R Bump L to L Side, Recover, ¼ Turn R Step Back on L  
7&8      ¼ Turn R Bump R to R Side, Recover, ¼ Turn R Step Fwd on R

## Cross Rock, Side Rock, Behind, Point, Back Rock, Side Rock, Cross, Point

1&      Cross Rock L Over R, Recover on R  
2&      Rock L to L Side, Recover on R  
3-4      Step L Behind R, Point R to R Side  
5&      Rock Back on R, Recover on L

6& Rock R to R Side, Recover on L  
7-8 Cross R Over L, Point L to L Side

**Behind, Side, Cross Rock, Side Drag, Side Slide, ¼ L Side Slide, ¼ L Side, Behind with Sweep**

1&2& Step L Behind R, Step R to R Side, Cross Rock L Over R, Recover on L  
3-4 Step L Big Step to L Side, Drag R Towards L/ Touch  
5-6-7 Slide R to R Side, ¼ Turn L Slide L to L Side, ¼ Turn L Slide R to R Side  
8 ¼ Turn L Jump on Both Feet to L Side (weight on L to start again with count 1)

**Restart: On wall 2 After count 16 (6:00)**

**Restart with Step Change: On wall 5 change count 32 (L Point Fwd) into a Jump Fwd with both Feet, Restart (12:00)**

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