

Leavin' You For Myself

COPPERKNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Easy Intermediate
編舞者: Glenda Silver (AUS) - January 2019
音樂: Leavin' you for Myself - Nicki Gillis : (Album: Lucy's Daughter - iTunes)



INTRO: 18 beats from heavy beat, vocals

TOUCH FORWARD TOUCH SIDE, SAILOR STEP, TOUCH FORWARD TOUCH SIDE, SAILOR STEP

123&4 Touch R Fwd touch R to side, R sailor step behind (weight on R)
567&8 Touch L Fwd touch L to side, L sailor step behind (weight on L)

DIAGONAL RIGHT TOGETHER, DIAGONAL RIGHT SHUFFLE, DIAGONAL LEFT TOGETHER, DIAGONAL LEFT SHUFFLE

123&4 Step R diag tog L, shuffle R diag RLR
567&8 Step L diag tog L, shuffle L diag LRL

RIGHT KICK KICK, TRIPLE STEP, LEFT KICK KICK TRIPLE STEP

123&4 Kick R Fwd, kick R to side, triple step RLR
567&8 Kick L Fwd, kick L to side, triple step LRL

FRIEZE RIGHT, FRIEZE LEFT

1234 Step R to side, L behind R, side R touch L beside R
5678 Step L to side, R behind L, side L touch R beside L

RIGHT ROCK COASTER STEP, LEFT ROCK COASTER STEP

123&4 Rock R Fwd, replace back onto L, back R tog L (&) Fwd R (weight on R)
567&8 Rock L Fwd, replace back onto R, back L tog R (&) Fwd L (weight on L)

CROSS POINT, CROSS POINT, ROCKING CHAIR *//****

1234 Cross R over L point L to side, cross L over R point R to side (weight on L)
5678 Rock Fwd R, replace onto L, rock back R, replace onto L

STEP FORWARD RIGHT 1/4 TURN LEFT, SHUFFLE FORWARD, ROCK FORWARD LEFT 1/4 TURN LEFT, SIDE SHUFFLE

123&4 Step Fwd R 1/4 turn L, (weight on L), shuffle Fwd RLR
567&8 Rock Fwd L, replace onto R, 1/4 turn L (weight on R), side shuffle LRL

"V" STEP, SWAY HIPS

1234 Step R diag, hold, step L diag , hold
5678 step back to centre RL, sway hips RL

TAG 1:* End of Wall 2: Dance beats 41-48, Restart

TAG 2: End of Wall 6: facing 12.00, stomp R Fwd hold 3 beats, stomp L Fwd hold 3 beats, dance beats 41-48, Restart**

FINISH: *Dance to beat 48, end facing 12.00**

GLENDAS SILVER: Footloose Linedancers Gunnedah, EMAIL: glendaksilver@gmail.com, MOBILE: 0427927019