

# Vær Dig Selv

COPPERKNOB  
BY STEPHENETS

拍數: 64      牆數: 4      級數: Intermediate  
編舞者: Kim Liebsch (DK) - August 2019  
音樂: Volume - Barbara Moleko



**Intro: 32 counts after 1<sup>st</sup> beat (appr. 17 seconds) Start with weight on R foot**

**Restart: On wall 2 after 32 counts (3:00)**

**#1 section: 2 X walk, shuffle fw. rock recover, sailor ½ turn**

1-2            Walk fw. on L, walk fw. on R 12:00  
3&4           Step fw. on L, step R next to L, step fw. on L 12:00  
5-6            Rock fw. on R, recover on L 12:00  
7&8            Sweep/cross R behind L, making ½ turn R stepping L to L side, step fw. on R 6:00

**#2 section: ½ turn, ¼ turn with point, behind side cross, side rock, behind ¼ step**

1-2            Make ½ turn L stepping fw. on L, make ¼ turn L while pointing R to R side 9:00  
3&4            Cross R behind L, step L to L side, cross R over L 9:00  
5-6            Rock L to L side, recover on R 9:00  
7&8            Cross L behind R, make ¼ turn R stepping fw. on R, step fw. on L 12:00

**#3 section: 2 X walk, anchor step back sweep X 2, coaster step**

1-2            Walk fw. on R, walk fw. on L 12:00  
3&4            Step R behind L, slightly lock L over R, step R back 12:00  
5-6            Sweep L back, sweep R back 12:00  
7&8            Step back on L, step R next to L, step fw. on L 12:00

**#4 section: Step ½ turn with flick, shuffle fw. fw .toestrutt ¼ turn, back toestrutt ¼ turn**

1-2            Step fw. on R, make ½ turn L stepping fw. on L while flicking R 6:00  
3&4            Step fw. on R, step L next to R, step fw. on R 6:00  
5-6            Step L toe fw. make ¼ turn R while dropping L heel to floor 9:00  
7-8            Step R toe back, make ¼ turn R while dropping R toe to floor 12:00

**#5 section: Cross rock, coaster step, cross rock, coaster ¼ turn**

1-2            Cross L over R, recover on R 12:00  
3&4            Step back on L, step R next to L, step fw. on L 12:00  
5-6            Cross R over L, recover on L 12:00  
7&8            Make ¼ turn L stepping back on R, step L next to R, step fw. on R 9:00

**#6 section: Rock recover, sailor ½ turn, walk round 2/3 circle**

1-2            Rock fw. on L, recover on R 9:00  
3&4            Sweep/cross L behind R, making ½ turn L stepping R to R side, step fw. on L 3:00  
5-6-7-8       Walk 2/3 circle L, R-L-R-L 6:00

**#7 section: Mambo fw, mambo back, side rock cross, side rock step fw.**

1&2            Rock fw. on R, recover on L, step R next to L 6:00  
3&4            Rock back on L, recover on R, step L next to R 6:00  
5&6            Rock R to R side, recover on L, cross R over L 6:00  
7&8            Rock L to L side, recover on R, step fw. on L 6:00

**#8 section: Rock recover, shuffle ½ turn back, samba step, samba ¼ turn**

1-2            Rock fw. on R, recover on L 6:00  
3&4            Make ¼ turn R stepping R to R side, step L beside R, make ¼ turn R stepping fw. on R 12:00

5&6 Cross L over R, rock R to R side, recover on L 12:00

7&8 Cross R over L, make  $\frac{1}{4}$  turn R stepping back on L, step R to R side 3:00

**GOOD LUCK & N'JOY!**

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