

Know Your Worth

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Michelle Jackson (USA) & Todd Lescarbeau (USA) - July 2020
音樂: Know Your Worth - Khalid & Disclosure



Intro: 16 counts at start of lyrics

S1: Walk R, L, anchor step, ½ turn, ½ turn, ¼ turn & touch, ball cross

1,2 step R forward, step L forward
3&4 step R slightly behind L, step L in place, step R in place
5,6 turn ½ L & step forward, turn ½ L and step back
&7,&8 turn ¼ L & touch R to R side, step R to R side, cross left over right 9:00

S2: ¼ turn, hip bump, hip bump, ⅙ turn, step R & L fwd diagonal, clockwise hip circle

1&2 turn ¼ R touch R toe fwd bumping hips fwd, back, fwd (wt fwd on R) 12:00
3&4 touch L toe fwd bumping hips fwd, back, fwd (wt on L) (upper body angle to 2:00)
5,6 tun ⅙ R to square off at 3:00 stepping R to fwd R diagonal, step L to fwd L diagonal 3:00
7,8 circle hips clockwise (weight on L) 3:00

S3: Sailor step, Cross shuffle, ¼ cross hitch, step hold, ball step

1&2 step R behind L, step L to L side, step R to R side
3&4 cross L over R, step R to R side, cross L over R
5,6 turn ¼ L while hitching R knee across L, step R fwd 12:00
7&8 hold, step L next to R, step R fwd 12:00

S4: Big step,heel drag,touch ,⅙ turn touch,balance fwd R & L heel, step R to R, touch L next To R, ⅙ turn,knee pop

1,2 big step L with L, drag R heel together
&3,&4 step R next to L, touch L beside R while turning L knee inward, turn ⅙ L on ball of L, touch R beside L while turning R knee inward 11:00
5,6 step R foot fwd on heel, step L foot fwd on heel (toes up)
&7,8 step R back R, touch L next to R while turning L knee inward, turn ⅙ L on ball of L while popping R knee fwd. 9:00

Begin again & have fun!!

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