

Be Yourself

COPPER **KNOB**
BY STEPHEN BATES

拍數: 32 牆數: 4 級數: Improver Country
編舞者: Antonio Manigas (IT) - November 2020
音樂: Be Yourself - Sarahbeth Taite



Sequence : wall 1, wall 2, wall 3, wall 4, Tag 1, wall 5, wall 6 (16 c.),R. wall 7 ,Tag 2, wall 8 , wall 9 (25 c.)

S1) STOMP R.,RECOVER L.,SHUFFLE BACK R.,COASTER STEP,KICK BALL CHANGE

1 - 2 Step Right Forward And Stomp , Recover To Left Step
3 & 4 Step Right Backward , Step Left Beside Right , Step Right Backward
5 & 6 Step Left Backward , Step Right Beside Left , Step Left Forward
7 & 8 Kick Right Forward , Onto Ball Step Right Beside Left , Replace Step Left Onto Floor

S2) TURN ¼ L. CHASSE' R.,TURN ¼ L. SAILOR L.,TURN ¼ L. CHASSE' R.,CROSS & SHUFFLE L.

1 & 2 Turn ¼ (09:00) To Left Side And Step Right To Right Side , Step Left Beside Right , Step Right To Right Side
3 & 4 Turn ¼ (06:00) To Left Side And Step Left Backward And Cross Behind Right , Step Right To Right Side , Step Left Beside Right
5 & 6 Turn ¼ (03:00) To Left Side And Step Right To Right Side , Step Left Beside Right , Step Right To Right Side
7 & 8 Cross Shuffle Left On Right Travelling To Right

S3) ROCK RECOVER,CROSS&CROSS,ROCK RECOVER,SHUFFLE BACK L.

1 - 2 Step Right To Right Side , Recover On The Left
3 & 4 Step Right Cross Behind Left , Step Left To Left Side , Step Right Cross Over Left
5 - 6 Step Left To Left Side , Recover On The Right
7 & 8 Step Left Backward , Step Right Beside Left , Step Left Backward

S4) COASTER STEP,SHUFFLE L.,PIVOT,ROCK RECOVER

1 & 2 Step Right Backward , Step Left Beside Right , Step Right Forward
3 & 4 Step Left Forward , Step Right Beside Left , Step Left Forward
5 - 6 Step Right Forward , Turn ½ (09:00)
7 - 8 Step Right Forward , Recover On The Left

ATTENTION!!!!!!LAST WALL ONLY 3 SEQUENCES ... SEQUENCE 3 MODIFIED(ONLY LAST WALL)

S3 MOD) ROCK RECOVER,CROSS&CROSS,ROCK RECOVER,COASTER STEP,STOMP R.

1 - 2 Step Right To Right Side , Recover On The Left
3 & 4 Step Right Cross Behind Left , Step Left To Left Side , Step Right Cross Over Left
5 - 6 Step Left To Left Side , Recover On The Right
7 & 8 Step Left Backward , Step Right Beside Left , Step Left Forward
1 Stomp Right

TAG 1

T1) ROCK IN CHAIR BACK

1 - 2 Step Right Backward , Return To Left
3 - 4 Step Right Forward , Return To Left

TAG 2 (STARTING TAG 2 AT 09:00 .. OR SECOND WALL)

T2,1) DIAGONALLY LONG STEP,HOLD,TOUCH L.,HOLD,DIAGONALLY LONG STEP,HOLD,TOUCH R.,HOLD

1 - 2 Diagonally Forward Long Step Right , Hold
3 - 4 Touch Left Toe Behind Right , Hold
5 - 6 Diagonally Backward Long Step Left , Hold

7 - 8 Touch Right Toe Behind Left , Hold

T2,2) TURN ¼ DIAGONALLY LONG STEP,HOLD,TOUCH L.,HOLD,DIAGONALLY LONG STEP,HOLD,TOUCH R.,HOLD

1 - 2 Turn ¼ To Right Side (00:00) Diagonally Forward Long Step Right , Hold

3 - 4 Touch Left Toe Behind Right , Hold

5 - 6 Diagonally Backward Long Step Left , Hold

7 - 8 Touch Right Toe Behind Left , Hold

ATTENTION: Restart after 5th repetition

Last Update - 21 Nov. 2020
