

Played Yourself

COPPER KNOB
BY STEPHEN

拍數: 64 牆數: 2 級數: Phrased Advanced
編舞者: Heejin Kim (KOR) - September 2021
音樂: Played Yourself - Grace Weber



Sequence: A, TAG, B, A, B, A'(14C), B

Part A (32C)

[1-8] Back Step, Sweep, Unwind 5/8 Turn L, Body Roll, Backward X2, 1/2 Turn, Knee Bend, Back Big Step, Backward

1&2 RF Step backward with LF Sweep back (1), LF Touch behind (&), BF 5/8 Turn L [4:30] (2)
3&4a Body Roll (3), RF Step backward (4), LF Step backward (&), RF Touch back (a)
5 6 RF 1/2 Turn R Step place [10:30] (5), RF Bend knee (6)
7&8 LF Step big Backward (7), RF Step backward (8), LF Step backward (&)

[9-16] Side, Recover, 1/4 Turn L, 1/4 Turn R Run Run Sweep, Cross, 2 Spiral Turn R, Sweep, Backward, Jump with LF lift back, Backward

1 2 RF 1/8 Turn R Step Side [12:00] (1), LF Recover (2)
3&4 RF 1/4 Turn L Step forward (3), LF 1/8 Turn R Step forward (&), RF 1/8 Turn R Step forward with LF Sweep forward [12:00] (4)
5&6 LF Cross over (5), LF Start 2 Turn R (&), LF Finish 2 Turn R and RF Sweep back (6)

* 3Wall starts B in here

* Easy option (Full Turn R) : LF Cross over(5), LF Full Turn R (&), RF Sweep back (6)

7 8 RF 1/8 Turn R Step Backward and Jump LF Lift backward [1:30] (7), LF Step backward (8)

[17-24] Forward x3, Cross, Unwind Full Turn R, Ronde Back Sweep x2, Touch, 5/8 Turn R, Body Roll

12&a RF Step big forward (1), LF Step forward (2), RF Step forward (&), LF Step forward (a)
3 4 LF Full Turn R (3), RF Ronde back (4)
5&6 RF Step backward with LF Sweep back (5), LF Step backward with RF Sweep back (6), RF Touch behind (&)
7 8 LF 5/8 Turn R weight RF Bend knee [9:00] (7), Body Roll (8)

[25-32] Backward, Flick, Touch, Body Roll, Back, Side, 1/4 Turn L, Spiral Full Turn L, Forward, Touch

1&2 RF Step backward (1), LF Flick (&), LF 1/2 Turn L Touch forward bend knee [3:00] (2)
3&4 Body Roll (3), LF Step backward (4), RF Step side (&)
5 6 LF 1/4 Turn L Step forward [12:00] (5), RF Step forward and Spiral full turn L (6)
7 8 LF Step forward (7), RF Drag together (8)

Part B (2C)

[1-8] Side Kick, Touch, Body Roll, Back, Flick, Touch, Walk X4 In Circle

1&2 RF Kick side (1), RF Hitch (&), RF 1/4 Turn R Touch forward bend knee and Body roll [3:00] (2)
3&4 RF Step backward (3), LF Flick back (&), LF 1/4 Turn L Touch side bend knee [12:00] (4)
5 6 LF 1/4 Turn L Step forward (5), RF 1/4 Turn L Step forward (6)
7 8 LF 1/4 Turn L Step forward (7), RF 1/4 Turn L Step forward [12:00] (8)

[9-16] Side Kick, Touch, Body Roll, Back, Flick, Touch, Walk x3 In Circle, 1/2 Turn R, Back

1&2 LF Kick side (1), LF Hitch (&), LF 1/4 Turn L Touch forward bend knee and Body roll [9:00](2)
3&4 LF Step backward (3), RF Flick back (&), RF 1/4 Turn R Touch side [12:00] (4)
5 6 RF 1/4 Turn R Step forward (5), LF 1/4 Turn R Step forward (6)
7&8 RF 1/2 Turn R Step forward [12:00] (7), LF 1/2 Turn R Step backward [6:00] (&), RF Step backward (8)

[17-24] Body Roll, 1/2 Turn L, Back, Backward X3, 1/8 Turn R, Step, Pencil Turn R, Walk X2

1 2 LF Touch backward with Body roll (1), LF 1/2 Turn L Step place [12:00] (2)
3&4a RF Step big backward (3), LF Step backward, (4), RF Step backward (&), LF Step backward (a)
5 6 RF 1/8 Turn R Step forward [1:30] (5), LF Full Turn R Touch together (6)
7 8 LF Step forward (7), RF Step forward (8)

[25-32] Forward Rock with Body Roll, Recover, Backward x2, Side, walk X6 1 1/2 Turn L In Circle

1 2 LF Step forward with Body roll to up (1), RF Step big backward (2)
3&4 LF Step backward (3), RF Step backward (&), LF 1/8 Turn L Step side [12:00] (4)
5 6 RF 1/4 Turn L Step forward (5), LF 1/4 Turn L Step forward (6)
7a8a RF 1/4 Turn L Step forward (7), LF 1/4 Turn L Step forward [12:00] (a), RF 1/2 Turn L Step backward [6:00] (8), LF Step backward (a)

[TAG] Hold, Right Hand Up And Down

1 2 RA Up, RA down

Last Update - 13 Sept. 2021
