

My Own Monster

COPPER KNOB
STEP SHEETS

拍數: 80 牆數: 2 級數: Beginner / Improver
編舞者: Miyeol (KOR) & BeBe (KOR) - September 2021
音樂: My Own Monster - X Ambassadors



Intro - 16

Sec 1. 1/4 step L fwd (9:00), 1/4 R fwd (12:00), hold (down), together, back, back, back, together

1 , 2 1/4 L step Lf fwd, 1/4 R step Rf fwd
3 , 4 Hold, step Lf together Rf
5 , 6 Step Rf back, step Lf back
7 , 8 Step Rf back, step Lf together Rf

Sec 2. Fwd, together, fwd shuffle, Fwd, together, fwd shuffle

1 , 2 Step Rf fwd, step Lf together Rf
3 & 4 Step Rf fwd, step Lf together Rf, step Rf fwd
5 , 6 Step Lf fwd, step Rf together Lf
7 & 8 Step Lf fwd, step Rf together Lf, step Lf fwd

Sec 3. 1/4 R fwd, together, fwd shuffle (3:00) 1/2 L fwd, together, fwd shuffle (9:00)

1 , 2 1/4 R step Rf fwd, step Lf together Rf
3 & 4 Step Rf fwd, step Lf together Rf, step Rf fwd
5 , 6 1/2 L step Lf fwd, step Rf together Lf
7 & 8 Step Lf fwd, step Rf together Lf, step Lf fwd

Sec 4. Fwd, 1/8 L fwd, back lock, 1/8 L fwd, fwd, fwd, back lock, fwd (6:00)

1 , 2 Step Rf fwd, 1/8 L step Lf fwd
3 , 4 Step Rf lock behind Lf, 1/8 L step Lf fwd
5 , 6 Step Rf fwd, step Lf fwd
7 , 8 Step Rf lock behind Lf, step Lf fwd

Sec 5. Back rock, recover x 3, back, together

1 , 2 Step Rf rock back on R, recover on L
3 , 4 Step Rf rock back on R, recover on L
5 , 6 Step Rf rock back on R, recover on L
7 , 8 Step Rf back, step Lf together Rf

Sec 6. Down up fwd kick, 1/4 turn L down up, Fwd kick, 1/4 turn L down up fwd kick, down up

1 , 2 Down up Rf fwd kick
3 , 4 1/4 turn L down up Lf fwd kick
5 , 6 1/4 turn L down up Rf fwd kick
7 , 8 Down up

Sec 7. Rf brush kick fwd, hold, ball cross, cross, Cross, fwd hop 1/2 turn L fwd, fwd,

1 , 2& Rf brush kick fwd, hold, Rf ball change
3 , 4 Cross Lf over Rf, cross Rf over Lf
5 , 6& Cross Lf over Rf, cross Rf over Lf hop 1/2 turn L
7 , 8 Sept Lf fwd, step Rf fwd

Sec 8. Lf brush kick fwd, hold, ball cross, cross, cross, fwd hop fwd, together

1 , 2& Lf brush kick fwd, hold Lf ball change
3 , 4 Corss Rf over Lf, cross Lf over Rf

5 , 6& Cross Rf over Lf, cross Lf over Rf hop
7 , 8 Step Rf fwd, step Lf together Rf

Sec 9. Step in place walk (R, L, R, L) Step in place run (R,L,R,L,R,L), out, out

1 , 2 Step Rf in place, step Lf in place

3 , 4 Step Rf in place, step Lf in place

5&6& Step in place run (RL, RL)

7&8& Step in place run (RL), step Rf to R side, Step Lf to L side

Sec 10. Free style (please refer to the video)

Sec 1~8 Move your arms freely
