

Treat Myself

COPPERKNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Improver
編舞者: Rachel Pearson (USA) - 19 September 2021
音樂: TREAT MYSELF - Meghan Trainor



Intro: 32 counts, starts on lyrics.

(Teaching note: 48 count intro is alternate that may be easier for dancers learning first time through as this is after heavy beat drops.)

*Heel, Step, Heel, Step, Heel, Step, Heel, Step, Shuffle Forward, Shuffle Forward

1&2& Touch R heel forward; Step R together; Touch L heel forward; Step L together
3&4& Repeat 1&2&
5&6 Step R forward; Step L together; Step R forward (shuffling toward right diagonal)
7&8 Step L forward; Step R together; Step L forward (shuffling toward left diagonal)

*Optional styling: Clap hands in sync with heel-steps after lyrics, "Let me give myself a hand."

Step, ½ Pivot L, Mambo forward, Side Rock, Cross, Side Rock, Forward

1-2 Step R forward; Pivot ½ turn left, shifting weight onto L (6:00)
3&4 Step R forward; Step L back; Step R together
5&6 Rock L to left side; Recover R; Cross L over R
7&8 Rock R to right side; Recover L; Step R forward

Rock, Triple ½ L, Triple ½ L, Triple ½ L

1-2 Rock L forward; Recover R
3&4 Turn ¼ left, stepping L to left; Step R next to L; Turn ¼ left, stepping L forward (12:00)
5&6 Turn ¼ left, stepping R forward; Step L next to R; Step R back ¼ (6:00)
7&8 Turn ¼ left, stepping L to left; Step R next to L; Turn ¼ left, stepping L forward (12:00)

*Easier option for 5&6, 7&8: Triple forward R,L,R; Triple forward L,R,L

Rock, Big Step Back, Drag, Ball Step, Forward, Pivot ½, Pivot ¼

1-2 Rock R forward; Recover L
3-4& Big step back R (3), dragging L back (4), ball step L next to R (&)
5-6 Step R forward; Pivot ½ turn left, shifting weight onto L (6:00)
7-8 Step R forward; Pivot ¼ turn left, shifting weight onto L (3:00)

Email: pjanna1971@yahoo.com

Last Update - 24 Oct. 2021