

You Don't Own Me

COPPER KNOB
STEPPERS

拍數: 36 牆數: 1 級數: Intermediate
編舞者: Island Trio (CAN), Lynda Maynard (CAN), Debbie Dickie (CAN) & Linda (CAN) -
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音樂: You Don't Own Me - Jann Arden



#16 Count Intro

Section 1- Cross Rocks x 2, Cross, side touches x 2

1a2 Cross rock right over left, recover weight to left, step right to right side
3a4 Cross rock left over right, recover weight to right, step left to left side
a5a6 Cross right over left, step left to left, touch right toe forward, step right down
a7a8 Cross left over right, step right to right, touch left toe forward, step left down (12:00)

Section 2- Walk forward, Spiral turn, Rocking Chair

1-2 Walk forward right, left
3-4 Step right forward, making full spiral turn left (weight remains on right) or non turning option -
step right fwd. hold
5-8 Rock left forward, recover weight to right, rock left back, recover weight to right (12:00)

Section 3- Pivot ½, Full Turn, Sways

1-2 Step left forward, turn ½ right, transfer weight to right, stepping right forward
3a4 Full turn right, step left back ½ right, step right forward ½, step left together Non-turning
Option – Shuffle forward left, right, left
5-8 Step right to right with a sway right, left, right, left, (hands by sides palms facing down) and
snap fingers on 8 (6:00)

Section 4 – ½ Turn, Sways, Jazzbox

1-4 Turning ½ left step right to right side as you sway right, sway left, right, left (hands by sides
palm facing down) and snap on 8
5-8 Cross right over left, step left back, step right to right side, step left together (12:00)

Section 5- Sailor Steps

1a2 Step right behind left, step left to left side, step right to right side
3a4 Step left behind right, step right to right side, step left to left side (12:00)*

*Tag-16 Count – At the end of Wall 3 (12:00)

Side Steps, Heel Lifts, 3 left 1/4 Pivots

a1,2,3,4 Step right to right side, touch left touch forward, lift left heel 4 times (pumping your
knee),(hands on hips, shaking head NO)
a5,6,7,8 Step down on left, and touch right toe forward, lift right heel 4 times (pumping your knee,
moving hands from hips to touch right index finger by lips)
a1,a2,a3,a4 Transfer weight to right stepping right by left, on the spot lifting heels begin with left, right, left
(weighted left when done)
5-6 Step right forward, pivot ¼ left, step left forward
7a8a Step right forward, pivot ¼ left, stepping left forward, pivot ¼ left, stepping left forward (12:00)

Last Update - 1 Apr 2022