

Own Your Title

COPPERKNOB
STEPSHEETS

拍數: 56
編舞者: Tessa Jansen (NL) - March 2022
音樂: Title - Meghan Trainor : (iTunes)

牆數: 2

級數: Phrased Intermediate



Intro: +/- 2 counts (start on the word "Love")

SEQUENCE: AAB, AAB, AAB, A

PART A

Rumba Fwd L Touch, Rumba Back R Kick, Step Back L, Kick Fwd R, Coasterstep, Hold, ¼ Turn R

1&2& Step L to L Side, Step R next to L, Step L Fwd, Touch R next to L
3&4& Step R to R Side, Step L next to R, Step R Back, Kick L Fwd
5& Step L Back, Kick R Fwd
6&7& Step R Back, Step L next to R, Step R Fwd, Hold
8& Step L Fwd, ¼ Turn R (3.00)

Crossing Toe Strut, ¼ L Toe Strut Back, ¼ L Side Toe Strut, Slide Ball Cross L, 2x ¼ Turn R Walk Fwd R, L

1&2& Cross L Toe Over R, Drop L Heel, ¼ Turn L Step Back On R Toe, Drop R Heel (12.00)
3&4& ¼ Turn L Step on L Toe to Left Side, Cross R Toe Over L, Drop R Heel (09.00)
5-6& Step L Big Step to L Side, Drag R Towards L and Step on Ball Of R next to L, Cross L Over R
7-8 ¼ Turn R Step R Fwd, ¼ Turn R Step L Fwd (03.00)

Note: Toe Struts are Travelling sideways

Charleston Step, Rumba ¼ Turn R, Jazz Box ¼ Turn R

1-2 Touch R Toe Fwd, Step Back on R
3-4 Touch L Toe Backwards, Step Fwd on L
5-6 Cross R Over L, ¼ Turn R Step Back on L (06.00)
7-8 Step R to R Side, Step Fwd on L

2x V Step, Step Pivot ¼ Turn L, Step ½ Pivot Step L

1&2& Step R Fwd (a bit diagonal), Step L fwd (a bit diagonal), Step R back to centre, Step L back to centre
3&4& R Fwd (a bit diagonal), Step L fwd (a bit diagonal), Step R back to centre, Step L back to centre
5-6 Step R Fwd, Pivot ½ Turn L (12.00)
7&8 Step R Fwd, Pivot ½ Turn L, Step R Fwd (06.00)

PART B

2x Hip Bumps L, 2x Hip Bumps R, Travelling Swivels, Hold

1-2 Bump Hips to L Side, Bump Hips to L Side (place R hand on R Hip, Raise L Fist high to L Side)
3-4 Bump Hips to R Side, Bump Hips to R Side (place R hand on R Hip, Raise L Fist high to R Side)
5-6 Swivel Both heels to L Side, Swivel Both toes to L Side
7-8 Swivel Both heels to L Side, Hold

2x Hip Bumps R, 2x Hip Bumps L, Swivel R,L,R, Hold

1-2 Bump Hips to R Side, Bump Hips to R Side (place R hand on R Hip, Raise L Fist high to R Side)
3-4 Bump Hips to L Side, Bump Hips to L Side (place R hand on R Hip, Raise L Fist high to L Side)
5-6 Swivel Both heels to R Side, Swivel Both toes to R Side

7-8 Swivel Both heels to R Side, Hold

Diagonal Step Touches, Hold, Step Pivot Step R, Step Pivot Step R

1&2& Step L diagonal Fwd (10.30), Touch R next to L, Step R Back (12.00), Touch L next to R

3&4& Step L diagonal Back (7.30), Touch R next to L, Step R Fwd (12.00), Hold

5&6 Step L Fwd, Pivot $\frac{1}{2}$ Turn R, Step L Fwd

7&8 Step R Fwd, Pivot $\frac{1}{2}$ Turn L, Step R Fwd

ENDING: Dance 16 counts of Part A, finish the dance facing 12.00 by making a $\frac{1}{4}$ Turn Slide (Big Step) to L Side and strike a pose!

**This song makes me very happy and my message with this dance is: Be yourself and OWN YOUR TITLE!
You are so worth it!**

Last Update - 15 May 2022
