

My Feet, My Beat (Dancing My Way)

COPPERKNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Improver
編舞者: David Ackerman (USA) & Kayla Cosgrove (USA) - July 2022
音樂: Dancing My Way - Wyn Starks



Quick Start! Start on lyric "day" of the line "On a cloudy day"

[1-8] Back Hitch x2, R Coaster, L Hitch

1,2 Step R back, Hitch L
3,4 Step L back, Hitch R
5,6 Step R back, Step L next to R
7,8 Step L forward, Hitch L

[9-16] L Press, Hitch, Cross, Hold, ½ Run RLRL

1,2 Step L forward, Hitch L
3,4 Cross L over R, Hold (4)
5,6 Make ¼ turn R stepping R forward (3:00), Step L forward
7,8 Make ¼ turn R stepping R forward (6:00), Step L next to R

[17-24] Hold, Back R, Forward Point L, Hold, Hip Up/Down/Up, Together

1,2 Hold (1), Step R back
3,4 Point L forward w/ sight bend in L knee, Hold (4)
5,6 Push L hip up, Return hip to neutral
7,8 Push L hip up, Step L next to R

(Alternate steps for counts 5-8) Swivels w/ hip

5,6 Swivel heels to L as you lift R heel and L hip up, Return heels and hips neutral
7,8 Swivel heels to L as you lift R heel and L hip up, Return heels to neutral as you step L next to R

[25-32] Heel Switches RL, Swivels in Place

1,2 Touch R heel forward, Step R next to L
3,4 Touch L heel forward, Step L next to R
5,6 Swivel heels to R, Swivel heels to L
7,8 Swivel heels to R, Swivel heels to L

***Restart: wall 2 facing 12:00 and wall 5 facing 6:00**

[33-40] Vine R w/ Flick, ¼ Vine L w/ Flick

1,2 Step R to R side, Step L behind R
3,4 Step R to R side, Flick L foot behind R leg
5,6 Step L to L side, Step L behind R
7,8 Step L to L side, Make ¼ L stepping R forward as you flick R foot back (3:00)

[41-48] Rocking Chair, ½ Turn L, Hook, Forward L, Tap R

1,2 Rock R forward, Recover weight L
3,4 Rock R back, Recover weight L
5,6 Make ½ turn L stepping L back (9:00), Hook L foot in front of R leg
7,8 Step L forward, Touch R behind L

[49-56] Back Drag, Back, Together, Lock LRL, Scuff R

1,2 Step R Back, Drag L
3,4 Step L back, Step R next to L
5,6 Step L forward, Lock R behind L

7,8 Step L forward, Scuff R

[57-64] Forward R, Hold, ¼ L, Hold, Cross, Back, Back, Cross

1,2 Step R forward, Hold (2)

3,4 Make ¼ turn L stepping L to L side (6:00), Hold (4)

5,6 Cross R over L, Step L back

7,8 Step R back, Cross L over R

***Restart: Walls 2 and 5 after 32 counts**

Last Update - 20 July 2022
