

# Bare My Soul

**COPPER** **NOB**  
BY STEPHEN

拍數: 32      牆數: 2      級數: Intermediate  
編舞者: Darren Bailey (UK), Fred Whitehouse (IRE), Roy Verdonk (NL) & Daniel Trepap (NL) - July 2022  
音樂: Hot Mess - Thundermother



**Intro: 20 Counts, Start at approx 21 secs**

**SEC 1: Back Rock, ¼ Side, Behind Hitch, Behind, ¼ Step, Step, ½ Pivot Sweep, Step Sweep, Weave**

- 1-2a      Rock right back, recover weight onto left, turn ¼ left step right to right (9:00)
- 3-4a      Step left behind right hitching right, step right behind left, turn ¼ left step left forward (6:00)
- 5-6      Step right forward, pivot ½ left transferring weight onto left sweeping right from back to front (12:00)
- 7      Step right forward sweeping left from back to front
- 8&a      Cross left over right, step right to right, step left behind right

**SEC 2: Side Rock, Cross, ¼ Step Sweep, Twinkle, Cross ¼ Hitch, Walk Run Run ½ Hitch, Run Run Run**

- 1-2      Rock right to right, recover weight onto left
- a3      Cross right over left, turn ¼ left step left forward sweeping right from back to front (9:00)
- 4&a      Cross right over left, rock left to left, recover weight onto right,
- 5      Cross left over right turn ¼ left hitching right (6:00)
- 6a7      Step right forward, step left forward, step right forward turn ½ right hitching left (12:00)
- 8&a      Step left forward, step right forward, step left forward

**SEC 3: Push, Push, Push, Step, Step, ½ Pivot, Push, Push, Push, Twinkle**

- 1      Push right toe to right, recover to center
- 2      Push right toe to right, recover to center
- 3      Push right toe to right, recover to center
- 4&a      Step right forward, step left forward, pivot ½ right transferring weight onto right (6:00)
- 5      Push left toe to left, recover to center
- 6      Push left toe to left, recover to center
- 7      Push left toe to left, recover to center
- 8&a      Cross left over right, rock right to right, recover weight onto left

**SEC 4: ½ Walk Around, Out, Out, Back, Back, Hook, Step, Step, 1½ Rolling Turn**

- 1-2-3      Turn ⅙ left step right forward, turn ¼ left step left forward, turn ⅙ left step right forward (12:00)
- 4&a      Step left to left, step right to right, step left back

**Restart Here on Wall 5**

- 5      Step right back hook left over right
- 6-7      Step left forward, step right forward
- 8&a      Turn ½ right step left back, turn ½ right step right forward, turn ½ right step left back (6:00)

**Tag: At the end of Wall 2**

**Back Rock, ½ Back, Back Rock, ½ Back**

- 1-2a      Rock right back, recover weight onto left, turn ½ left step right back
- 3-4a      Rock left back, recover weight onto right, turn ½ right step left back

**Choreographers Note:**

**Many thanks to Annette R. Dam (DK) for pointing out this amazing music to us!**