

The Way I Am

COPPER **KNOB**
BY STEPSHEETS

拍數: 112 牆數: 4 級數: Intermediate
編舞者: Arnaud Marraffa (FR) & Chrystel Arréou (FR) - July 2022
音樂: The Way I Am - The Tumbling Paddies



Start the dance after 64 counts

[1-8] STEP, SCUFF, STEP, SCUFF, ROCKING CHAIR

1-2 Step fwd on R, Scuff L
3-4 Step fwd on L, Scuff R
5-6 Rock R fwd, Recover on L
7-8 Rock R back, Recover on L

[9-16] VINE TO R, TOUCH, VINE TO L WITH ¼ TURN L, SCUFF

1-2 Step R on R side, Cross L behind R
3-4 Step R on R side, Touch L beside R
5-6 Step L to L side, Cross R behind L
7-8 ¼ turn L stepping L fwd, Scuff R 9h

[17-24] STEP FWD DIAGONALLY R, TOUCH, BACK DIAGONALLY L, TOUCH, BACK LOCK STEP, TOUCH

1-2 Step fwd on R diagonally R, Touch L beside R
3-4 Step back on L diagonally L, Touch R beside L
5-6 Step back on R, Lock L over R
7-8 Step back on R, Touch L beside R

[25-32] BACK DIAGONALLY L, TOUCH, STEP FWD DIAGONALLY R, TOUCH, STEP LOCK STEP, SCUFF

1-2 Step back on L diagonally L, Touch R beside L
3-4 Step fwd on R diagonally R, Touch L beside R
5-6 Step fwd on L, Lock R behind L
7-8 Step fwd on L, Scuff R

Restart on wall 2 (facing 3h)

[33-40] VINE TO R WITH ¼ TURN R, ¼ TURN R WITH HITCH, VINE TO L WITH ¼ TURN L, SCUFF

1-2 Step R on R side, Cross L behind R
3-4 ¼ turn R stepping R fwd, ¼ turn R à D with Hitch L 3h
5-6 Step L to L side, Cross R behind L
7-8 ¼ turn L stepping L fwd, Scuff R 12h

[41-48] STEP, TOUCH, BACK, KICK, COASTER STEP, HOLD

1-2 Step fwd on R, Touch L next to R
3-4 Step back on L, Kick R fwd
5-6 Step back on R, Step L next to R
7-8 Step fwd on R, Hold

[49-56] BACK RUMBA BOX

1-2 Step L to L side, Step R next to L
3-4 Step back on L, Hold
5-6 Step R to R side, Step L next to R
7-8 Step fwd on R, Hold

[57-64] ¼ TURN R, RUMBA BOX WITH BACK ROCK

1-2 ¼ turn R stepping L to L side, Step R next to L 9h

3-4 Step fwd on L, Hold
5-6 Step R to R side, Step L next to R
7-8 Step back on R, Recover on L

Restart on wall 4 (facing 12h)

[65-72] POINT, TOUCH, HEEL, HOOK, COASTER STEP FWD, HOLD

1-2 Point R to R side, Touch R beside L
3-4 Heel R fwd, Hook R
5-6 Step fwd on R, Step L next to R
7-8 Step back on R, Hold

[73-80] POINT, TOUCH, HEEL, HOOK, COASTER STEP FWD, HOLD

1-2 Point L to L side, Touch L beside R
3-4 Heel L fwd, Hook L
5-6 Step fwd on L, Step R next to L
7-8 Step back on L, Hold

[81-88] BACK, SWEEP, BACK, SWEEP, BACK ROCK, TOUCH, HOLD

1-2 Step back on R, Sweep L backward
3-4 Step back on L, Sweep R backward
5-6 Step back on R, Recover on L
7-8 Touch R beside L, Hold

[89-96] [STEP ¼ TURN L,SCUFF] x 3, STEP, SCUFF

1-2 ¼ turn L stepping R fwd, Scuff L 12h
3-4 ¼ turn L stepping L fwd, Scuff R 3h
5-6 ¼ turn L stepping R fwd, Scuff L 6h
7-8 Step fwd on L, Scuff R

[97-104] JAZZ BOX WITH HOLD

1-2 Cross R over L, Hold
3-4 Step back on L, Hold
5-6 Step R to R side, Hold
7-8 Step fwd on L, Hold

[104-112] STEP, ½ TURN L, STEP, HOLD, STEP, ½ TURN R, STEP, HOLD

1-2 Step fwd on R, ½ turn L 12h
3-4 Step fwd on R, Hold
5-6 Step fwd on L, ½ turn R 6h
7-8 Step fwd on L, Hold

RESTARTS : -

On wall 2, after 32 counts (Start 6h / Restart 3h)

On wall 4, after 64 counts (Start 9h / Restart 12h)

Légende : PD = pied droit / PG = pied gauche / D = droite / G = gauche / PdC = poids du corps

Chorégraphie originale qui seule fait foi.

Restez vous-même, dansez en toute simplicité
