

# Take Myself Dancing

COPPER KNOB  
BY STEPHEN HETS

拍數: 48      牆數: 2      級數: Easy Intermediate  
編舞者: Alison Metelnick (UK) & Jo Kinser (UK) - January 2023  
音樂: Flowers - Miley Cyrus



Start on the word 'good' when she sings 'we were good' approx. 8.5secs – 3mins 20secs – 118bpm  
Available Amazon

**[1-8] R side, hold, L together, R side, hold, L together, R side, L cross rock/recover, ¼ L, L fwd**

1-2&      Step R side, hold, step L together

3-4&      Step R side, hold, step L together

5-8      Step R side, cross rock L over R, recover weight on R, turning ¼ left step L forward (9 o'clock)

**RESTART: During wall 6: dance first 7 counts, on count 8 step L to left side and restart facing front wall**

**[9-16] ½ L, R back, hold, L back, touch R tog, hold, R back, touch L tog, hold, L back, walk fwd R/L**

1-2      Turning ½ left step R back, hold (3 o'clock)

&3-4      Step L back, touch R together, hold

&5-6      Step R back, touch L together, hold

**(Optional arm movements for counts &3-4 &5-6 above: as you step back L, touch R together push right arm forward at chest level, palm downwards and as you step back R, touch L together push left arm forward at chest level, palm downwards)**

&7-8      Step L slightly back, step R forward, step L forward

**[17-24] Prissy walk fwd R/L, R side rock/recover/cross, L side rock/recover/cross, R fwd, ¼ L pivot turn**

1-2      Prissy R forward, prissy L forward

&3-4      Rock R side, recover weight on L, cross R over L

&5-6      Rock L side, recover weight on R, cross L over R

7-8      Step R forward, pivot ¼ left (12 o'clock)

**RESTART: During Wall 3: dance first 24 counts and restart facing the front wall**

**[25-32] R syncopated jazz box, R fwd, L fwd, R fwd, ½ L pivot turn, R fwd**

1-2      Cross step R over L, step L back

&3-4      Step R side, step L forward, step R forward

5-8      Step L forward, step R forward, pivot ½ left, step R forward (6 o'clock)

**[33-40] Syncopated V step, R/L hip bumps, R fwd, ¼ pivot L**

&1-2      Step L forward and out, step R apart, hold (weight on L)

&3-4      Step R back, step L side, hold (with feet slightly apart)

5-6      Bump hips right, bump hips left (weight on L)

7-8      Step R forward, pivot ¼ left (3 o'clock)

**[41-48] R cross over, hold, L side, R cross behind, hold, L side, R cross over, bounce heels 3 times turning ¾ L**

1-2&      Cross step R over L, hold, step L side

3-4&      Cross step R behind L, hold, step L side

5-8      Cross step R over L, bounce around ¾ left (3 counts) (Weight ends on left) (6 o'clock)

**At end of dance instead of completing a ¾ left turn do a 1¼ turn to end up facing front wall.**

**Have fun!**

