

Love Yourself

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Ria Vos (NL) - January 2023
音樂: Girl In A Big Shirt (From The Voice Of Germany) - Katarina Mihaljević & Sarah Connor



Intro: 4 Counts

Side, Behind, Side, Cross Rock, Full Turn L, Jazz Box ¼ R Hitch 1/8 R, Step, Brush/Tap

1-2& Step R to R Side, Step L Behind R, Step R to R Side
3& Cross Rock L Over R, Recover on R
4&5 ¼ Turn L Step Fwd on L, ½ Turn L Step Back on L, ¼ Turn L Step L to L Side (12:00)
6& Cross R Over L, ¼ Turn R Step Back on L (3:00)
7 Step R to R Side Hitching L (figure 4) into 1/8 Turn R (4:30)
8& Step Fwd, Brush or Tap R Next to L

Rock Fwd & Rock Fwd & 3/8 L Step Fwd, Step Full Spiral R, Step Fwd, Step Tap

1-2& Rock Fwd on R, Recover on L, Step R Next to L
3-4& Rock Fwd on L, Recover on R, 3/8 Turn L Step Fwd on L (12:00)
5 Step Fwd on R
6-7 Step Fwd on L making a Full Spiral Turn R, Step Fwd on R (12:00)
8& Step Fwd on L, Tap R Toe Behind L Heel ***Restart Point

Back w/Sweep, Behind, ¼ R, ½ R Step Back w/Sweep, Behind, Side, Prissy Walks x3, Rock Fwd, ½ L w/Sweep

1-2& Step Back on R Sweeping L Around, Step L Behind R, ¼ Turn R Step Fwd on R (3:00)
3-4& ½ Turn R Step Back on L Sweeping R, Step R Behind L, Step L to L Side (9:00)
5-6-7 Make 3 Prissy Walks Fwd Stepping R-L-R
8&1 Rock Fwd on L, Recover on R, ½ Turn L Step Fwd on L Sweeping R Around (3:00)

Diamond ¼ Turn R, Cross, Unwind Full Turn R, Slide L, Rock Back

2&3 Cross R Over L, Step L to L Side, 1/8 Turn R Step Back on R (4:30)
4&5 Step Back on L, 1/8 R Step R to R Side, Cross L Over R (6:00)
6-7 Unwind Full Turn R (weight ends on R), Slide/Step L Long Step to L Side
8& Rock Back on R, Recover on L

Restart: After 16& counts on wall 2 (6:00)

Tag: After wall 3, 5 & 7 (12:00) (This happens everytime you face the front)

Side, Touch, Side, Cross Back Side, Step Pivot ½ R, ½ R Step Back, Rock Back

1&2 Step R to R Side, Touch L Next to R, Step L to L Side
3&4 Cross R Over L, Step Back on L, Step R to R Side
5-6 Step Fwd on L, Pivot ½ Turn R
7-8& ½ Turn R Step Back on L (sweeping R), Rock Back on R, Recover on L

Note: 1st time dancing the Tag (After wall 3) add 4 counts:

Basic R, Basic L

9-10& Step R to R Side, Step L Behind R, Cross R Over L
11-12& Step L to L Side, Step R Behind L, Cross L Over R