

Cost Me Everything

COPPER KNOB
STEPSHEETS

拍數: 40 牆數: 4 級數: Improver
編舞者: Sara B Dancin (USA) - September 2023
音樂: All It Cost Me Was Everything - Cody Jinks



Starts 12:00 wall, 32ct Intro, start at lyrics,
"I've been high..."

[1-8]

1,2,3,4 Step (R), (weight on L) Hitch (R) x2 (Step forward on right foot, then transfer weight to left foot while lifting the right knee up)
5,6,7,8 Step (R), Bounce Steps x4 w/1/4 turn left (9:00) (Step right foot down, then lift your heels as you bounce 4 times turning towards your left with each bounce)

[9-16]

1,2,3,4 Jazz Box w/1/4 turn right (R cross over L, L back, R step to right) Hitch (L) (as you Step on your right foot, lift your left knee up)
5,6,7,8 Step (L) turn 1/4 right Hitch (R) turning 1/4 right, Step (R) w/1/4 turn Hitch (L) Slap L knee (back to 9:00 wall) (for these movements, you Step down while lifting the other knee and turning to the right)

[17-24]

1,2,3,4 Grapevine to left with Stomp (Step down with L, R behind L, R Stomp to side)
5,6,7,8 Heels, Toes, Toes, Heels (Heel Swivels out, Toes out, Toes in, Heels in)

[25-32]

1,2,3,4 Step (R), Touch (L), Back (L), Touch (R) (Step at slight diagonal w/R, L touches behind, Step back diagonal w/L, R touches at side)
5,6,7,8 Step back (R) w/ Hitch (L) 1/2 turn to left, Step (L), Hitch (R) w/1/2 turn left (Step (R), Hitch left leg up, w/1/2 turn to left Step down w/left, Hitch right leg up, turning back to 9:00 wall)

[33-40]

1&2,3,4 Lindy (R), Rock (L behind), Recover (R) (Step right foot to side, left together, then right foot to side, rock behind with left foot, recover weight onto right foot)
5&6,7,8 Lindy (L), Rock (R behind), Recover (L) (Step left foot to side, right foot together, then left foot to side, rock behind with right foot, recover weight onto left foot)

Then restart dance at 9:00 wall!

Style options: For first wall, when songs starts, "I've been high, I've been low," can raise then lower arms/body movements. You can add a Clap with the stomp after the grapevine. You can add hands on the knees when you do the heel swivels. Have fun with it!

Thanks for viewing! daisydukedancinsara@gmail.com