

Know How To Survive

COPPERKNOB
STEPPSHEETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Phingky (INA) & Ein Merin (INA) - February 2024
音樂: Believe in Yourself - Melissa Montgomery



****2 TAGS and 1 Restart**

Intro 16c

S1. Back, Coster Cross sweep, Cross, Side, Behind Sweep, Behind, Side, Forward R-L

1 – 2& Step L Back(1), Step R Back(2), Close L Together(&)
3 – 4& Cross R Over L and Sweep L out(3), Cross L over R(4), Step R Side(&)
5 – 6& Step L Behind and Sweep R out(5), Step R Behind(6), Step L Side(&)
7 – 8 Step R Forward(7), Step L Forward(8)

S2. Dorothy R-L, Rocking Chair

1 – 2& Step R Diagonally Forward(1), Lock L Behind(2), Step R Diagonally Forward(&)
3 – 4& Step L Diagonally Forward(3), Lock R Behind(4), Step L Diagonally Forward(&)
5 – 6 Rock R Forward(5), Recover on L(6)
7 – 8 Rock R Back(7), Recover on L(8)

Restart here on Wall 3 @6.00 after 16c with step change:

8& Recover on L(8), Step R Together(&)

S3. Side, Sailor Step R-L, Behind, ¼ Turn R Forward, Rock, Recover, TOG

1 – 2& Step R Side(1), Step L Behind(2), Step R Side(&)
3 – 4& Step L Side(3), Step R Behind(4), Step L Side(&)
5 – 6& Step R Side(5), Step L Behind(6), ¼ Turn right Step R Forward(&)
7 – 8& Rock L Forward(7), Recover on R(8), Close L Together(&)[3.00]

S4. Pivot ½ L, Travelling full turn, Step Lock Step, Forward Mambo, Back

1 – 2& Step R Forward(1), ½ Turn left Weigh on L (Prep.)(2), ½ Turn left Step R back(&)
3 – 4& 1/2 Turn left Step L forward(3), Step R Forward(4), Lock L Behind(&)
5 – 6& Step R forward(5), Rock L Forward(6), Recover on R(&)
7 – 8 Step L Back(7), Step R Back(8)[9.00]

****2 TAGS - after Wall 4 @3.00 and Wall 6 @9.00**

1 – 2 Rock L Back(1), Recover on R and drag L to R(2)

Last Update: 29 Feb 2024