

Face Myself

COPPERKNOB
STEPSHEETS

拍數: 80 牆數: 1 級數: Phrased Advanced
編舞者: Mike Liadouze (FR) - June 2024
音樂: FACE MYSELF - Elley Duhé & Teddy Swims



Introduction: 16 counts

Sequence: T1 ABC T2 ABCC T3 BCCb

TAG 1 (2x16 counts) :

[1-8] SLOW STEP TURN ½ L w/ SWEEP, SYNCOPATED JAZZ BOX, HOLD

1-2 Step RF forward, HOLD
3-4 ½ turn L... Step LF forward sweeping RF forward, HOLD finishing sweep (6:00)
5-6&7 Cross RF over LF, Step LF back, Step RF side, Cross LF over RF
8 HOLD

[9-16] TOUCH MAMBO SIDE x2, OUT OUT IN STEP, HOLD, HOLD

&1&2 Touch RF together, Rock step RF side, Recover on LF side, Step RF together
&3&4 Touch LF together, Rock step LF side, Recover on RF side, Step LF together
&5&6 Step RF side (OUT), Step LF side (OUT) Step RF together (IN), Step LF forward
7-8 HOLD, HOLD

[17-32] REPEAT COUNTS 1-16 FACING 6:00

PART A (2x16 counts) :

[1-8] RUN RUN RUN, MAMBO ½ L, RUN RUN RUN, MAMBO ¼ L

1&2 Step RF forward, Step LF forward, Step RF forward
3&4 Rock step LF forward, Recover on RF back, ½ turn L... Step LF forward (6:00)
5&6 Step RF forward, Step LF forward, Step RF forward
7&8 Rock step LF forward, Recover on RF back, ¼ turn L... Step LF side (3:00)

[1-8] CROSS ROCK, BIG STEP SIDE, HOLD, BALL CROSS, ¼ L STEP FORWARD, ½ L STEP BACK, TOGETHER, TOUCH

1&2 Cross rock RF over LF, Recover on LF behind RF, Big step RF side
3-4& HOLD dragging LF together, Step LF together, Cross RF over LF
(5)& HOLD, ¼ turn L... Step LF forward (12:00)
(6)& HOLD, ½ turn L... Step RF back (6:00)
(7)&8 HOLD, Step LF together, Touch RF together

[17-32] REPEAT COUNTS 1-16 FACING 6:00

PART B (32 counts) :

[1-8] STOMP, SAILOR STEP, BEHIND, LUNGE, TRIPLE 1 ¼ R, STEP FWD

1-2&3 Stomp RF diagonally forward R, Cross LF behind RF, Step RF side, Step LF side
4-5 Cross RF behind LF, Lunge LF side bending L knee
6&7 ¼ turn R... Step RF forward, ½ turn R... Step LF back, ½ turn R... Step RF forward (3:00)
Easy option (6&7) : SHUFFLE ¼ turn R...
8 Step LF forward

[9-16] ARABESQUE ½ L, CROSS SAMBA, CROSS, SIDE DIP ¼ R, MAMBO FORWARD, POINTE BACK LOOKING DOWN

1-2&3 ½ turn L... Weight on LF arabesque with R leg, Cross RF over LF, Rock step LF side, Recover on RF side (9:00)

- 4-5 Cross LF over RF, Step RF side bending legs to make a U shape dip with hips and throw R hand side up
- 6&7 ¼ turn R dragging LF together... Rock step LF forward, Recover on RF back, Step LF back
- 8 Point RF back looking down at your R palm facing up

[17-24] LOOK PALM, BODY ROLL BACK, TOE STRUT, TOGETHER, LOOK UP, ORIENTED SHUFFLE FWD, STEP FWD

- 1 Bring head up normal still looking at your palm like a mirror and start a body roll from chest down
- 2&3 Drop R heel continuing body roll, Step LF together, Point RF back
- 4-5 Drop R heel, Step LF together looking up (« Clouds »)
- 6&7-8 Step RF forward, Step LF together, Step RF forward (open chest to R on the shuffle), Step LF forward

[25-32] ½ L STEP BACK, COASTER STEP, ROCK STEP HITCH, COASTER STEP, ½ L STEP FWD

- 1-2&3 ½ turn L... Step RF back, Step LF back, Step RF together, Step LF forward (6:00)
- 4-5 Stomp rock RF forward, Recover on LF back hitching R knee

Option replace (4-5) : Put R knee on ground, Put R hand on ground (go up with the next coaster step)

- 6&7-8 Step RF back, Step LF together, Step RF forward, ½ turn L... Step LF forward (12:00)

PART C (16 counts) :

[1-8] VOLTA 1 TURN R, VOLTA 1 & ½ TURN L

- 1&2& ¼ turn R... Step RF forward, Step LF together, ¼ turn R... Step RF forward, Step LF together (6:00)
- 3&4 ¼ turn R... Step RF forward, Step LF together, ¼ turn R... Step RF forward (12:00)
- 5&6& ⅜ turn L... Step LF forward, Step RF together, ⅜ turn L... Step LF forward, Step RF together (3:00)
- 7&8& ⅜ turn L... Step LF forward, Step RF together, ⅜ turn L... Step LF forward, Step RF together (6:00)

Option : VOLTA 2 turn R, VOLTA 2 & ½ turn L

[9-16] ½ L STEP FWD w/ SWEEP, CROSS, MAMBO CROSS x2, COASTER STEP

- 1-2 ½ turn L... Step LF forward sweeping RF forward, Cross RF over LF (12:00)
- 3&4 Rock step LF side, Recover on RF side, Cross LF over RF
- 5&6 Rock step RF side, Recover on LF side, Cross RF over LF
- 7&8 Step LF back, Step RF together, Step LF forward

TAG 2 (2x16 counts) :

[1-8] WIZARD STEP, STEP LOCK STEP LOCK STEP w/ SWEEP, SYNCOPATED JAZZ BOX

- 1-2& Stomp RF diagonally forward R, Lock LF behind RF, Step RF diagonally forward R
- 3&4 Step LF diagonally forward L, Lock RF behind LF, Step LF diagonally forward L
- &5 Lock RF behind LF, Step LF diagonally forward L sweeping RF forward
- 6-7&8 Cross RF over LF, Step LF back, Step RF side, Cross LF over RF

[9-16] WHISK, SYCHOPATED WEAVE, ¼ L STEP FWD, HOLD, STEP TURN ¼ L

- 1-2& Step RF side, Rock step LF behind RF, Recover on RF over LF
- 3&4& Step LF side, Cross RF behind LF, Step LF side, Cross RF over LF
- 5-6 ¼ turn L... Step LF forward, HOLD (9:00)
- 7-8 Step RF forward, ¼ turn L... Step LF side (6:00)

[17-32] REPEAT COUNTS 1-16 FACING 6:00

TAG 3 (2x16 counts) : Hands behind back

[1-8] WALK x4, STEP TURN x2

- 1-2 ⅛ turn R... Step RF forward, Step LF forward (1:30)
- 3-4 Step RF forward, Step LF forward

5-6 Step RF forward, ½ turn L... Step LF forward (7:30)
7-8 Step RF forward, ½ turn L... Step LF forward (1:30)

[9-16] ½ L TOUCH, HOLD, OUT OUT IN CROSS, HOLD, HOLD, OUT OUT IN CROSS

1-2 ½ turn L... Touch RF together with R hand on heart, HOLD (7:30)
3& Step RF side with R hand down R, Step LF side with L hand down L
4& Step RF together with R hand behind back, Cross LF over RF looking at L palm head level
5-6 HOLD, HOLD
7& Step RF side with R hand down R, Step LF side with L hand down L
8& Step RF together with L hand behind back, Cross LF over RF looking at R palm head level

[17-32] REPEAT COUNTS 1-16 FACING 7:30

Ending: Finish with first 17 counts of part B looking at R palm like a mirror « Face Myself »

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