

Guy I Used To Be

COPPERKNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Easy Intermediate
編舞者: Syndie BERGER (FR) & Jo Thompson Szymanski (USA) - May 2024
音樂: Guy I Used To Be - Lawrence



Intro : 48 counts (24 seconds) – Weight on Left Foot

SECTION 1 SIDE STEP – DIAG KICK – BEHIND-SIDE-CROSS – SIDE ROCK, RECOVER ¼ TURN L – TRIPLE FORWARD

1 – 2 Step RF to R side – Kick LF in L diagonal
3 & 4 Cross LF behind RF – Step RF to R side (&) – Cross LF over RF
5 – 6 Rock RF to R side – Turn ¼ L recovering weight forward on LF (facing 9:00)
7 & 8 Step RF forward – Step LF together (&) – Step RF forward

SECTION 2 SYNCOPATED SIDE ROCKS – CROSS BEHIND – UNWIND ½ R – CROSS TRIPLE

1 – 2 Rock LF to L side – Recover on RF
& 3-4 Step LF next to RF (&) – Rock RF to R side – Recover on LF
5 – 6 Cross ball of RF behind LF – Unwind ½ turn to R shifting weight to RF (facing 3:00)
7 & 8 Cross LF over RF – Step RF to R side (&) – Cross LF over RF

SECTION 3 SIDE TOUCH – HOLD – SIDE TOUCH & CROSS – STEP BACK – SIDE STEP – CROSS TRIPLE

& 1 Step RF to R side (&) – Touch L toe next to RF
2 Hold
& 3 Step LF to L side (&) – Touch R toe next to LF
& 4 Step RF to R side (&) – Cross LF over RF
5 – 6 Step back on RF – Step LF to L side
7 & 8 Cross RF over LF – Step LF to L side (&) – Cross RF over LF

SECTION 4 CHASSE L – ¼ TURN R CHASSE R – ¼ TURN R CHASSE L – ROCK BACK RECOVER

1 & 2 Step LF to L side – Step RF together - Step LF to L side
3 & 4 Turn ¼ R stepping RF to R side – Step LF together - Step RF to R side (facing 6:00)
5 & 6 Turn ¼ R stepping LF to L side – Step RF together - Step LF to L side (facing 9:00)
7 – 8 Rock RF behind LF – Recover on LF

** 16 TAG happens 3 times: At the end of *1st wall (facing 9:00), and end of **4th and **8th walls (facing 12:00)

SECTION 1 POINT – HOLD – & POINT – HOLD – & CROSSING KICKS RIGHT & LEFT – & STEP ½ TURN L

1 – 2 Touch R toe to R side – Hold
& 3-4 Step RF together (&) – Touch L toe to L side – Hold
& 5 Step LF together (&) – Kick RF forward across L
& 6 Step RF together (&) – Kick LF forward across R
& 7-8 Step LF together (&) – Step RF forward – Pivot ½ turn L shifting weight onto LF (* facing 3:00 / ** facing 6:00)

SECTION 2 DOROTHY STEPS RIGHT & LEFT – STEP – TWIST HEELS R.L.R WITH ½ TURN L – STEP FORWARD

1-2 & Step RF in R diagonal – Cross (lock) LF behind RF – Step RF in R diagonal (&)
3-4 & Step LF in L diagonal – Cross (lock) RF behind LF – Step LF in L diagonal (&)
5-6 & Step RF forward (5) – Turn ¼ left shifting both heels R (6) – Shift heels L (&) (* facing 12:00 / ** facing 3:00)
7 – 8 Turn ¼ left shifting both heels R (weight on RF) (7) – Step LF forward (8)

NOTE : During counts 6&7-8, follow the lyrics when he sings « good, good, good, good-bye ». Restart dance (count 1) on « Bye »

At the end of 11th wall (facing 3:00), Turn ¼ L stepping RF to R side waving R hand to say Goodbye !

Dance, Smile & Sweeeeeeeep!

Music note : At about 2 :17, the music goes quiet, just keep dancing and the beat will come back in.
