

My Tribe

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Phrased Improver
編舞者: Sandie Witmer (USA) & Michele Burton (USA) - September 2024
音樂: My Tribe - Blessing Offor



Intro: 8 cts

Sequence: AA BB A BB AA BB Dance ends on front wall Tah Dah

SEQUENCE A (32 cts) 1 wall

A1: 1-8 TOE STRUT, CROSS STRUT, SCISSOR CROSS, HOLD

1 – 4 Step R ball of foot to R; Drop R heel; Cross L ball of foot over R; Drop L heel

5 – 8 (5)Step R to R; (6)Step L beside R; (7)Cross R over L; (8)HOLD

(Styling cts 7-8): Bend both knees, push R shoulder forward 2x

A2: 9-16 VINE LEFT ¼ TURN, HITCH, MAMBO RIGHT, MAMBO LEFT

1 – 4 Step L to left; Step R behind L; Turn ¼ left, stepping L forward; Small hitch with R 9:00

5 & 6 Rock R to right; Recover wt. to L; Step R beside L (Styling: bend w/ a little pulse on side rock)

7 & 8 Rock L to L; Recover wt. to R; Step L beside R (Styling: bend w/ a little pulse on side rock)

A3: 17-24 BACK ROCK with HITCH, RECOVER, STEP ¼ PIVOT, HALF HINGE TURN

1 – 2 Rock back on R (Styling: accentuate back rock with WHOO), while hitching L knee; Recover weight to L

3 – 4 Step R forward; Pivot ¼ left, shift weight to L

5 – 8 Cross R over L; Turn ¼ right, step L back; Turn ¼ right, step R to right; Step L in front of R 12:00

A4: 25-32 SKATE RIGHT, SKATE LEFT, STEP BACK & BACK & BACK & BACK

1 – 4 Glide R to right; Draw L to R; Glide L to left; Draw R to L (Styling: moves slightly fwd on diagonals)

&5&6 (&)Step R back; (5)Pop L knee; (&)Step L back; (6)Pop R knee

&7&8 (&)Step R back; (7)Pop L knee; (&)Step L back; (8)Pop R knee

SEQUENCE B (32 cts) 2 walls (Chorus: My People, My Tribe...)

B1: 1-8 WALK FORWARD 4X, SIDE TOUCH, SIDE TOUCH (with arms)

1 – 4 Step R forward, Step L Forward, Step R forward, Step L forward (raising arms from low to high)

5 – 6 Step R to right, reaching arms left; Touch L beside R, bringing arms in toward center

7 – 8 Step L to left, reaching arms to right; Touch R beside L, bring arms in toward center

B2: 9-16 BACK ROCK RECOVER, FWD ½ PIVOT LEFT, FULL TURN RIGHT, STEP FWD

1 – 4 Rock R back; Recover weight to L; Step R forward; ½ pivot left, transfer weight to L 6:00

5 – 8 Prep step R fwd; ½ turn right, stepping L back; ½ turn right; stepping R forward; Step L forward

(No turn option for cts 5 – 8: Step forward R,L,R,L)

B3: 17-24 FORWARD TOUCH, BACK TOUCH, ¼ TURN HIP ROLL RIGHT, HIP ROLL LEFT

1 – 4 Step R fwd (shimmy fwd); Touch L behind R; Step L back; Touch R in front of L

5 – 6 Turn ¼ left, step onto R (rolling hips to right); Touch L in place

7 – 8 Step L in place (rolling hips to left); Touch R in place 3:00

B4: 25-32 TRIPLE RIGHT, ¼ TRIPLE LEFT, ¼ TRIPLE RIGHT, ¼, STEP, DRAW

1&2& Step R to right; Step L beside R; Step R to right; Turn ¼ L on ball of R 12:00

3&4& Step L to left; Step R beside L; Step L to left; Turn ¼ L on ball of L 9:00

5&6& Step R to right; Step L beside to R; Step R to right; Turn $\frac{1}{4}$ on ball of R 6:00
7 – 8 Big step L to left; Draw R to L

BEGIN AGAIN PUNCTUATE JUBILATE DANCE HAVE FUN

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YouTube: Dance Tribe Line Dancers
