

# Save Myself

COPPER KNOB  
BY STEPHEN

拍數: 32      牆數: 2      級數: Advanced NC2S  
編舞者: Hayley Wheatley (UK) - October 2024  
音樂: Save Myself - Ed Sheeran



No intro - Start with RF crossed over L for count 1 ready to continue the first wall of the dance from count 2 as soon as music starts.

## Sequence:

End of Wall 3 > Tag [6:00]

End of Wall 5 > Tag [6:00]

Wall 7 after count 14 > Bridge > Tag > Restart [6:00]

End of Wall 8 > Tag > Sways > Tag > Ending [12:00]

## Sec 1 Cross, Side Rock, Recover $\frac{1}{4}$ , $\frac{7}{8}$ Spiral right, $\frac{3}{8}$ Run Round RLR Sweep L, Cross L, Side R, $\frac{1}{8}$ L Back Mambo

1,2&      Cross R over L (1), Side rock L to left (2), Make  $\frac{1}{4}$  right Recover R (&) [3:00]  
3      Step fwd on L and Spiral  $\frac{7}{8}$  right [1:30]  
4&5       $\frac{1}{8}$  right stepping fwd R(4),  $\frac{1}{8}$  right stepping fwd L(&),  $\frac{1}{8}$  right stepping RF fwd and sweeping LF around back to front (5) [6:00]  
6,7      Cross L over R (6), Step Side R (7)  
8&1      Rock back  $\frac{1}{8}$  left L (8), Recover fwd R (&), Step fwd L (1) [4:30]

## Sec 2 Right Fwd Mambo Hitch Turn $\frac{1}{8}$ , Weave, $\frac{1}{2}$ unwind right, Cross L, Reverse rolling turn left $\frac{1}{4}$ $\frac{1}{2}$ $\frac{1}{4}$ ,

2&3      Rock fwd R (2), Recover L (&), Step back R hitching L knee up making a  $\frac{1}{8}$  left (3) [3:00]  
4&5,      Cross L behind R (4), Step Side R (&), Cross L over R (5),  
6,7      Unwind  $\frac{1}{2}$  turn R (weight R) (6), Cross L over R (7) [9:00]\*

**\*Restart here with bridge & Tag on wall 7 (see below)**

8&1       $\frac{1}{4}$  left stepping back R (7),  $\frac{1}{2}$  left stepping fwd L (&),  $\frac{1}{4}$  left stepping side R

## Sec 3 Close into L basic, Cross R, Weave, $\frac{1}{8}$ Hitch L, Rock L, Recover R, Ball Back

2,3      Close L next to R (2), Cross R over L (3)  
4&5      Step Side L (4) Cross R behind L (&), Step Side L (5)  
6,7       $\frac{1}{8}$  left Cross R over L Hitching L knee and reaching R arm upwards (6), Rock Fwd L (7) [7:30],  
8      Recover R (8), ( small half beat pause here on walls 3 5 7 & 8 so as the next counts can hit the "farewell" on those walls)  
&1      Step L next to R (&), Step back R (1)

On walls 3, 5, 7 & 8 there is a slight pause after count 8 before you dance the "ball back" so that the steps can hit on the moment where he sings "no farewell". (raise arm again on these counts but this time bidding a small circular "adieu" with the hand)

## Sec 4 $\frac{1}{8}$ Back L, $\frac{1}{4}$ Fwd R, $\frac{1}{2}$ Turn Sweep Collect, Fwd L, Sway RLR Drag L, Ball step

2,3       $\frac{1}{8}$  right Step back L (2),  $\frac{1}{4}$  right stepping fwd R (3) [12:00]  
4,5      Step weight onto RF while sweeping LF out, collecting it beside R and making a  $\frac{1}{2}$  right (4)  
Step Fwd L (5) [6:00]  
6,7,8&      Sway right (6), Sway left (7), Sway right dragging L to R (8), Step L next to R (&)

## TAG (to 6:00 at end of wall 3 & 5, &7 after Restart tag below. To 12:00 at end of wall 8)

1-8      Walk RL, Lunge R, Recover L,  $\frac{1}{8}$  left Cross Rock, Back Sweeps RL, Back L, Hook R  
1,2,3      Fwd R (1), Fwd L (2), Lunge R to right side (3)  
(Arms: On lunge Sweep R arm over head in a circle from front to back like a big halo)  
4,5      Recover L (4),  $\frac{1}{8}$  left Rock R over L (5) [4:30]  
(Arms: R hand to heart (4), L hand cross over R (5) drop arms for back sweeps)

6,7,8 Back L Sweep R (6), Back R Sweep L (7), Back L Hook R (8)

**Wall 7 "Bridge" after 15 counts**

**Cross Rock, Recover, Ball Back, Back 1/8, 1/2 Turn Sweep Collect, Fwd L, Sway RLR Drag L, Ball step**

7,8& 1/8 right Cross rock L over R (7), Recover on R (8) [10:30], Step L next to R (&) [10:30]

1,2,3 Step back R (1) Step back L (2), 1/8 right stepping fwd R (3) [12:00]

4,5 Step weight onto RF while sweeping LF out, collecting it beside R and making a 1/2 right (4)  
Step Fwd L (5) [6:00]

6,7,8& Sway right (6), Sway left (7), Sway right dragging L to R (8), Step L next to R (&)

**(into the Tag, then restart)**

**Ending after wall 8**

**Tag, Sways, Tag, Step 1/2 pivot left, 1/2, 1/2, 1/2 left, back sweeps R L, Pose**

**[1-8] Tag 1-8 as above**

1-4 Step RF down swaying L (5) Sway right (6), Sway left (7), Sway right dragging L to R (8),  
Step L next to R (&)

**[1-8] Tag 1-8 as above**

1,2 Step fwd R (1), 1/2 pivot left on L (2) [6:00]

3&4 1/2 left stepping back R (3), 1/2 left stepping fwd L (&) 1/2 left stepping back R (4) [12:00]

5,6,7 Step Back L sweep R (5), Step Back R sweep L (6) Step Back L (7)

8 Pose, bending knees slightly and put hands on heart for "love myself" <3

**This one is very meaningful to me and I hope it will be to others who can relate to the sentiment of the lyrics .  
Try to feel the steps with the music rather than overcounting it and enjoy all the feels <3**

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