

# Myself

**COPPER KNOB**  
STEPSHEETS

拍數: 40      牆數: 4      級數: Intermediate  
編舞者: Karen Hedges (USA)  
音樂: Cinderella - Kidz Bop



## STEP, SCUFF HITCH ROCK AND CROSS ¼ LEFT, ½ LEFT, COASTER STEP

1-2            Step forward left, scruff hitch right  
3&4           Rock side right, recover left, cross right over left  
5-6           Step ¼ turn left, step forward right ½ turn left  
7&8           Step back left together with right, step forward left

## POINT CROSS, POINT CROSS, STEP ¼ TURN, BOUNCE ¼ TURN HITCH

9-10          Point right side right, cross right over left  
11-12        Point left side left, cross left over right  
13-14        Step forward right, ¼ turn left  
15&16        On balls of both feet bounce ¼ turn left cross hitch left over right

## MODIFIED SAILOR STEPS, WALK, TOUCH

17-18&       Step left heel side left, step right behind left, step left  
19-20&       Step right heel side right, step left behind right, step right  
21-22        Step left forward, step right forward  
23-24        Step left forward, touch right beside left

## STEP, TURN, KICK AND POINT, TURN, TURN, COASTER STEP

25-26        Step forward right, ½ turn left shift weight to left  
27&28        Kick right forward step on ball of right, point left to side left  
29-30        Step left ¼ turn left, ½ turn right stepping back right  
31&32        Step back left bring right to meet, step forward left

## STEP, ½ LEFT HITCH, LOCK STEP, POINT, POINT, SHOULDER BUMPS ¼ CROSS HITCH

34-35        Step forward right, ½ turn left hitch left over right  
35&36        Step forward left lock right behind left, step forward left  
37&38        Point right to side right bring right to meet left, point left to side left  
39&40        Drop right shoulder, drop left shoulder, drop right shoulder leaving weight on right ¼ turn left cross hitch left over right

**REPEAT**

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