

You're My Mate

COPPER KNOB
BY STEPSHEETS

拍數: 64 牆數: 2 級數: Improver line/contra dance
編舞者: Shaz Walton (UK)
音樂: You're My Mate - Right Said Fred



You will need a partner for this dance. Start the dance facing your partner. During the section where you actually join your partner, you will have to decide which way you will do the four side shuffles

STEP, CROSS, STEP, KICK

Add clicks or claps

- 1-2 Step right to right, cross left over right
- 3-4 Step right to right side, kick left out to left side, (angle body to left)
- 5-6 Step left to left, cross right over left
- 7-8 Step left to left side, kick right out to right side, (angle body to right)

HULA ¼ TURN, KICK& HEEL & TOUCH & KICK

- 1-2 Make ¼ turn left stepping right to right side, circling hips to the left
- 3-4 Make ¼ turn left stepping right to right side, circling hips once to the left
- 5&6& Kick right foot forward, step right in place, touch left heel forward, step left in place
- 7&8 Touch right next to left, step right in place, kick left foot forward

WALK FORWARD LEFT, THEN RIGHT, SHUFFLE FORWARD, STEP, ½ PIVOT, STEP, SLIDE

- 1-2 Walk forward left, walk forward right
- 3&4 Step forward left, step right next to left, step forward left
- 5-6 Step forward on right, pivot ½ turn left
- 7-8 Make a big step forward on right, (lean back as you do this) slide left beside right

STEP BACK, ½ TURN RIGHT, STEP, ½ PIVOT RIGHT, WALKS OR SKIPS FORWARD, STEP

- 1-2 Step left back, make ½ turn right stepping right forward
- 3-4 Step forward left, pivot ½ turn right
- 5-6 Walk or skip forward on left, walk or skip forward on right

You could do a full turn right here if you wish

- 7-8 Walk or skip forward on left, step right beside left

You will need to be completely opposite your partner at this stage and quite close to them. Decide which way you will do your side shuffles. Hold your partner, & swing them round!!

X4 SIDE SHUFFLES, MAKING ½ TURN RIGHT

If you start this dance with your back to the home wall, begin with a left side shuffle

- 1&2 Step right to right side, step left beside right, step right to right side
- 3&4 Step left to left side, step right beside left, step left to left side
- 5&6 Step right to right side, step left beside right, step right to right side
- 7&8 Step left to left side, step right beside left, step left to left side

You will be making a ½ turn right or left depending on which wall you start on. Let go of your partner

STEP BACK, TOUCH, STEP BACK, TOUCH, SHUFFLE FORWARD, STEP, SHOULDER RAISE

- 1-2 Step back diagonally right on right, touch left beside right
- 3-4 Step back diagonally left on left, touch right beside left
- 5&6 Step right forward, step left next to right, step forward right
- 7&8 Step left beside right, raise shoulders, drop back down

You will need to be completely opposite your partner at this stage and quite close to them. Decide which way you will do the side shuffles x4. Hold your partner, & swing them round!

X4 SIDE SHUFFLES, MAKING ½ TURN RIGHT

If you start this dance with your back to the home wall, begin with a left side shuffle

1&2 Step right to right side, step left beside right, step right to right side

3&4 Step left to left side, step right beside left, step left to left side

5&6 Step right to right side, step left beside right, step right to right side

7&8 Step left to left side, step right beside left, step left to left side

You will be making a ½ turn right or left, depending on which wall you start on. Let go of your partner

JAZZ JUMPS BACK, WITH CLAPS, SHUFFLE FORWARD ½ TURN RIGHT, STEP

&1-2 Make a small step back on right, step back on left, clap

&3-4 Make a small step back on right, step back on left, clap

5&6 Step right forward, step left next to right, step forward right

7-8 Make ½ turn right, stepping back left, step right next to left

You will have to care here as to not bump in to your partner, you now be on the other wall but still facing your partner

REPEAT
