

Just Be Yourself

COPPERKNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Intermediate/Advanced
編舞者: Alan Birchall (UK)
音樂: Be Yourself - Enrique Iglesias



CHARLESTON, STEP, ½ PIVOT, STEP, ¼ PIVOT

1-2 Touch right toe forward, step back on right
3-4 Touch left toe back, step forward on left
5-6 Step forward on right, ½ pivot left (6:00)
7-8 Step forward on right, ½ pivot left (12:00)

¼ SIDE SHUFFLE, STEP, ½ PIVOT, FORWARD SHUFFLE, FULL TURN

1&2 Step right to right, step left by right, step right to right making ¼ turn right (3:00)
3-4 Step forward on left, ½ pivot right (9:00)
5&6 Step forward on left, step right by left, step forward on left
7-8 Making ½ turn left step back on right, making ½ turn left step forward on left

STEP, TAP, 'SCOOT' BACK, ½ TURN, STEP, TAP, 'SCOOT' BACK, STEP, STEP

1-2 Step forward on right, tap left behind right
&3-4 Scoot back on right, step back on left, making ½ turn right step forward on right (3:00)
5-6 Step forward on left, tap right behind left
&7-8 Scoot back on left, step back on right, step back on left

'SQUAT' BUMPS MAKING ¼ TURN TWICE, CROSS, BACK, BEHIND, SIDE, POINT

1-2 Weight on left 'squat down' bump hips back, stand up bump hips forward making ¼ turn left (weight on right 12:00)
3-4 Weight on left 'squat down' bump hips left, stand up bump hips right making ¼ turn left (weight on right 9:00)
5-6 Cross left over right, step back on right
&7-8 Step left to left, cross right over left, point left to left

FULL TURN BACKWARDS, STEP, POINT, TOUCH, STEP, BEHIND, SIDE CROSS, UNWIND ¾

1-2 Make full turn left (backwards) stepping left by right
3-4 Point right out to right, touch right by left
5-6 Step right to right, cross left behind right
&7-8 Step right to right, cross left over right, unwind ¾ turn right (6:00)

¼ TURN, HINGE TURNS HOLD X 3

1-2 Making ¼ turn right, step left to side, hold (9:00)
3-4 Make ½ hinge turn right step right to right, hold (3:00)
5-6 Make ½ hinge turn left, step right to right, hold (9:00)
7-8 Make ½ hinge turn left, step left to left, hold (3:00)

FRONT SAILOR, ¾ FRONT SAILOR TURN, MAMBO, COASTER, STEP

1&2 Cross right over left, step left to left, step right by left
3&4 Cross left over right, making ¼ turn left step right to right, making ½ turn left step left by right (9:00)
5&6 Rock forward on right, recover on left, step back on right
&7-8 Step left by right, step forward on right, step forward on left

HEEL BALL CROSS, ROCK, BOUNCE TURN, ¼ TURNING HEEL SWITCH'S, KICK BALL STEP

1&2 Touch right heel forward, step right by left, cross left over right

3-4 Make ½ turn right bouncing heels twice (3:00)
5&6 Touch right heel forward, step right by left making ¼ turn right, touch left heel forward (6:00)
&7&8 Step left by right, kick right foot forward, step right by left, step forward on left

REPEAT
