

Beside Myself (P)

COPPER KNOB
BY STEPSHEETS

拍數: 48 牆數: 0 級數: Partner
編舞者: Jim Dixon & Phyllis Dixon
音樂: Half the Man - Clint Black



Position: Closed Western position. Man faces LOD

This dance was choreographed for the wedding vow renewal of our friends Chris & Debbie Greenwald

MAN'S STEPS

BASIC

1-3 Step forward on left, right next to left, left next to right
4-6 Step back on right, left next to right, right next to left

LADY'S TURN TO RIGHT SIDE-BY-SIDE POSITION

Raise man's left and lady's right hand

7 Step forward on left
8 Step right next to left
9 Step left next to right

Lady is now on man's left side. Man takes lady's right hand into his right hand

10 Step forward on right
11 Step left next to right
12 Step right next to left

Rejoin hands. Partners are now in the right side by side position facing LOD

WALTZ BASIC FORWARD

13-15 Step forward on left, right, left
16-18 Step forward on right, left, right

LADY'S CROSSOVER INTO A RIGHT PRETZEL POSITION

Raise both hands over lady's head

19 Step left over right in place
20 Step in place on right
21 Step in place on left
22 Step right over left in place
23 Step in place on left
24 Step in place on right

Man releases lady's left hand and brings lady's right hand down to her back at her waist as she completes her spin. Partners join left hands and are now side by side in a Right Hammer position (right arms behind lady's back at her waist and left hands in front) facing LOD

FORWARD BASIC, LADY'S SPIN

25-27 Step forward on left, right, left

Release right hands from behind lady's back. Man raises left hands over lady's head pushing her off into a free spin while releasing all hands

28 Step forward on right
29 Step left next to right
30 Step right next to left

Partners enter a Closed Western Dance Position (man faces LOD and lady faces RLOD)

WALTZ BASIC

31-33 Step forward on left, right, left
34-36 Step forward on right, left, right

OPEN TO RIGHT OPEN PROMENADE POSITION, SHUFFLES

Man release's lady's right hand from his left

37 Step forward on left

38 Step on right

39 Step on right

Man takes up lady's left hand in his right & partners assume a Right Open Promenade Position facing LOD

40 Step forward on right

41& Step forward on left, & slide right up next to left

42 Step forward on left

43-45 Repeat beats 40 through 42

Return to Closed Western Dance Position

46 Step forward on right

47 Step left next to right

48 Step right next to left

Partners now resume a Closed Western Position

REPEAT

LADY'S STEPS

BASIC

1-3 Step forward on left, right next to left, left next to right

4-6 Step back on right, left next to right, right next to left

LADY'S TURN TO RIGHT SIDE-BY-SIDE POSITION

Raise man's left and lady's right hand

7 Step back on right & begin ½ turn to the right under mans left arm moving to mans left side

8 Step on left and continue ½ right turn

9 Step on right to complete turn

Lady is now on man's left side. Man takes lady's right hand into his right hand

10 Step forward on left and begin a full turn to the left crossing in front of man to his right side

11 Step on right and continue full turn to the left

12 Step on left and complete full turn to the left

Rejoin hands. Partners are now in the right side by side position facing LOD

WALTZ BASIC FORWARD

13-15 Step forward on right, left, right

16-18 Step forward on left, right, left

LADY'S CROSSOVER INTO A RIGHT PRETZEL POSITION

Raise both hands over lady's head

19 Step to the left on right crossing in front of man beginning a encirclement of man to the left

20 Step on left continuing encirclement of man to the left

21 Step on right at man's left side temporarily facing RLOD

22 Step behind man on left continuing encirclement to the left

23 Step on left progressing behind man's back to his right

24 Step on left at man's right side and execute a full spin to the right into a right hammer position on man's right

Man releases lady's left hand and brings lady's right hand down to her back at her waist as she completes her spin. Partners join left hands and are now side by side in a Right Hammer Position (right arms behind lady's back at her waist and left hands in front) facing LOD

FORWARD BASIC, LADY'S SPIN

25-27 Step forward on right, left, right

Release right hands from behind lady's back. Man raises left hands over lady's head pushing her off into a free spin while releasing all hands

- 28 Step on left & begin a 1 ½ free spin to the right progressing toward LOD
29 Step on right continuing 1 ½ free spin to the right
30 Step on left completing 1 ½ free spin to the right

Partners enter a Closed Western Dance Position (man faces LOD and lady faces RLOD)

WALTZ BASIC

- 31-33 Step back on right, left, right
34-36 Step back on left, right, left

OPEN TO RIGHT OPEN PROMENADE POSITION, SHUFFLES

Man release's lady's right hand from his left

- 37 Step on right & begin a ½ turn to the right progressing to man's right side
38 Step on left continuing ½ turn to the right
39 Step on right completing ½ turn to the right

Man takes up lady's left hand in his right & partners assume a Right Open Promenade Position facing LOD

- 40 Step forward on left
41& Step forward on right, & slide left up next to right
42 Step forward on right
43-45 Repeat beats 40 through 42

Return to Closed Western Dance Position

- 46 Step forward on left & begin a ½ turn to the right progressing to front of man
47 Step on right continuing ½ turn to the right
48 Step on left completing ½ turn to the right to face man

Partners now resume a Closed Western Position

REPEAT
