

# Beside Myself (P)

**COPPER** **KNOB**  
BY STEPHEN METZ

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**

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