

Me, Myself & I

COPPER KNOB
BY STEPHEN

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Ross Brown (ENG) - July 2009
音樂: Forever - Måns Zelmerlöw : (CD: MZW - 3:27)



Intro; 72 Counts (Approx. 33 Secs)

SIDE ROCK, RECOVER, CROSS. SIDE, TOGETHER. CROSS SHUFFLE. FULL TURN L CHASSE.

- 1&2 Rock right to the right, recover onto left, cross step right over left.
3-4 Step left to the left, step right next to left.
5&6 Cross step left over right, close right up to left, cross step left over right.
7&8 Make a full turn left (travelling right) stepping; right, left, right.

Alternative: Counts 7&8 can be replaced with a CHASSE RIGHT as follows;

- 7&8 Step right to the right, close left up to right, step right to the right.
(12 o'clock)

ROCK BACK ¼ TURN L, RECOVER. STEP, LOCK, STEP. SIDE. SAILOR ¼ TURN L. PIVOT ½ TURN R.

- 1-2 Make a ¼ turn left rocking back with left, recover onto right.
3&4 Step forward with left, lock right behind left, step forward with left.
5 Step right to the right.
6&7 Make a ¼ turn left stepping; behind with left, right next to left, forward with left.
8 Pivot a ½ turn right.
(12 o'clock)

SIDE STEP ¼ TURN R. SAILOR KICK BALL CROSS. SIDE. SAILOR KICK BALL CROSS.

- 1 Make a ¼ turn left stepping left to the left.
2& Cross step right behind left, step left to the left.
3&4 Kick right foot forward, step right next to left, cross step left over right.
5 Step right to the right.
6& Cross step left behind right, step right to the right.
7&8 Kick left foot forward, step left next to right, cross step right over left.
(3 o'clock)

UNWIND ¾ TURN L, SWEEP. SAILOR PRESS. PRESS, STEP ¼ TURN L. SWEEP ¾ TURN L, TOUCH TOGETHER.

- 1-2 Unwind a ¾ turn left, sweep left from in front of right to behind.
3&4 Cross step left behind right, step right to the right, press left to the left (angling body left).
5-6 Press right to the right (angling body right), make a ¼ turn left stepping forward with left.
7-8 Make a ¾ turn left sweeping right around, touch right next to left.

Useful Hint: On the TOUCH TOGETHER, try to face the slightly towards the forward right corner.
(6 o'clock)

SIDE. SYNCOPATED JAZZ BOX. CROSS, SIDE. SAILOR STEP. CROSS.

- 1 Step right to the right.
2&3 Cross step left over right, step back with right, step left to the left.
4-5 Cross step right over left, step left to the left.
6&7 Cross step right behind left, step left to the left, step right to the right.
8 Cross step left over right.
(6 o'clock)

CHASSE RIGHT. ROCK BACK, RECOVER, SIDE. BEHIND, SIDE, CROSS. TOUCH, BALL, STEP ¼ TURN R.

- 1&2 Step right to the right, close left up to right, step right to the right.

- 3-4-5 Rock back with left, recover onto right, step left to the left.
6&7 Cross step right behind left, step left to the left, cross step right over left.
8&1 Touch left to the left, step left slightly behind right, make a $\frac{1}{4}$ turn right stepping forward with right.

(9 o'clock)

STEP, SPIRAL $\frac{3}{4}$ TURN R. MAMBO FORWARD. BACK, SIDE, CROSS.

- 2-3 Step forward with left, make a $\frac{3}{4}$ turn right hooking right across left shin.
4&5 Rock forward with right, recover onto left, step back with right.
6-7-8 Step back with left, step right to the right, cross step left over right.

Restart On Wall 2, restart the dance at the end of this Section facing 12 o'clock.

(6 o'clock)

SIDE ROCK, RECOVER. CROSS SHUFFLE. REVERSE FULL TURN R ROLLING VINE. TOUCH.

- 1-2 Rock right to the right, recover onto left.
3&4 Cross step right over left, close left up to right, cross step right over left.
5-6-7 Make a full turn right stepping; back with left ($\frac{1}{4}$), forward with right ($\frac{1}{2}$), left to the left ($\frac{1}{4}$).
8 Touch right next to left.

(6 o'clock)

End of Dance. Start again and Enjoy!

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