

Be a Little Selfish

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: High Intermediate
編舞者: Joey Warren (USA) & Craig Bennett (UK) - October 2011
音樂: Selfish - Britney Spears



Ball-Cross, Side-Rock, Shuffle Step, Side, ¼ Turn Step, ¼ Shuffle Step

&-1-2 Step back on ball of L, Cross R over L, Step L out to L
3-4&5 Rock R back behind L, L shuffle to R diagonal stepping L, R, L
6 – 7 Step R out to R centering up to front wall, ¼ Turn L stepping L to L side
8-&-1 ¼ Turn L stepping R out to R, Step L next to R, Rock/Step R out to R

&-Cross, Side-Rock-Recover, Ball-Rock-Recover-Behind, Step-Cross Shuffle

&-2-& Step L to R, Cross R over L, Step L out to L
3 – 4 Rock R behind L, Recover fwd on to L
&5&6 Step down on ball of R, Rock L out to L, Step R down in place, Step L behind R
&7&8 Step R out to R, Cross L over R, Step R out to R, Cross L over R

¼ Turn Rock Recover, L Shuffle Step, Brush Rock-Recover, ½ Turn L

&-1-2 ¼ Turn L stepping back on R, Rock back on L, Recover step on to R
3-&-4 Step L fwd, Step R next to or slightly behind L, Step L fwd
&-5-6 Brush R fwd, Rock fwd on R, Recover step back on L
7-&-8 Step back on R, ½ Turn L stepping fwd on L, Step fwd on R

Ball Step-Step Back, R Shuffle Back, Walk-Walk, L Shuffle Back

&-1-2 Step fwd on ball of L, Step/Rock R fwd, Step back slightly on L
3-&-4 Step back on R, Step L beside or slightly over R, Step back on R
5 – 6 Step back on L, Step back on R (Shake your hips while walking back)
7-&-8 Step back on L, Step R beside or slightly across L, Step back on L

* You can also shake your hips on these shuffle backs

Out-Out-Together, Fwd Step, R Shuffle Fwd, Rock-Recover, ¾ Shuffle Cross

&-1-2 Step R out to R, Step L slightly out to L, Step R next to L
3-4&5 Step fwd on L, Step fwd on R, Step L beside or behind R, Step fwd on R
6 – 7 Rock fwd on L, Recover back on to R
8-&-1 ½ Turn L stepping fwd on L, Step R next to L, ¼ Turn L crossing L over R

½ Shuffle Cross, ½ Shuffle Step-Step, Step-Shuffle w/ ½ Turn

2-&-3 ¼ Turn R stepping R fwd, Step L slightly out starting ¼ Turn R, Finish ¼ R crossing R over L
4-&-5 ¼ Turn L stepping L fwd, Step R beside L, ¼ Turn L stepping L fwd
6-7&8 1/8 Turn L stepping R fwd slightly across L, Shuffle L, R, L around to finish ½ Turn L (should be facing 6 o'clock)

Out-Out Step 1/8 Turn, L Diagonal Shuffle, Rock-Recover, Cross ¼ Turn, ¼ Turn

&-1-2 Step R out to R, Step L out to L, 1/8 Turn to R diagonal stepping fwd on R
3-&-4 Shuffle L, R, L toward diagonal
5 – 6 Rocking R out to R center up with 6 o'clock wall, Recover/Step L out to L
7-&-8 Cross R over L, ¼ Turn R stepping back on L, ¼ Turn R stepping R out to R

Ball-Rock-Recover Diagonal, R Shuffle, L Rocking Chair, Turn Step-Rock & Cross

&-1-2 Ball Step on L to diagonal, Rock fwd on R, Recover back on L
3-&-4 Shuffle R, L, R back still on R diagonal (you can lock L over R if you want)
5&6& Rock back on L, Recover on R, Rock fwd on L, Recover on R

7-8&1 3/8 Turn L stepping L fwd, ¼ Turn rocking R to R, Step L to R, Cross R over L

*** The & Cross is the beginning of your dance!!!**

RESTART:

Happens 6th time you start the dance. You will start to back wall and dance the first 32 counts of the dance.....but you change the very last few counts.

This is your 4th 8th count where you will restart the dance....this is the change for restart purpose!

Ball Step-Step Back, R Shuffle Back, Walk-Walk, ¼ L Sailor Step

&-1-2 Step fwd on ball of L, Step/Rock R fwd, Step back slightly on L

3-&-4 Step back on R, Step L beside or slightly over R, Step back on R

5 – 6 Step back on L, Step back on R (Shake your hips while walking back)

7-&-8 Step L behind R starting ¼ Turn L, Step R beside L finishing 1/4, Step L out to L

***You have no & count on the restart.....just step R over for count 1 of dance!!!**

The end!!! Hope you enjoy!!!!!!
