

Trust Myself (aka Funky Soul Cha)

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Winnie Yu (CAN) - March 2012
音樂: Believe In Yourself (信自己) - Sally Yeh (葉蓓文) & Alex To (杜德偉)



Start on lyrics

Alter. Music: Love Will Never Do (Without You) by Janet Jackson - Start on lyrics

** Use this music track , with one restart @ Wall 2 [3:00] after count 28 add 2 count walk R,L forward

*This dance is dedicated to Pooh's Team Hong Kong Region Instructor – Maria Miu & her students.

Choreographer Note: For Soul feeling style, ALL toe touches lightly lift up & off the floor .

Sec. 1: DIAGONAL STEP TOUCH X 4, ROCK STEP, RECOVER, SHUFFLE ½ R

- 1&2& Step right forward to right diagonal, drag left touch besides right, step left back to left diagonal, Drag right touch besides left
- 3&4& Step right backward to right diagonal, drag left touch besides right, step left forward to left diagonal, drag right touch besides left
- 5-6-7&8 Rock right forward, recover onto left, step right to right side & make a ¼ right, step left beside right, step right forward and make a ¼ right (6:00)

Sec. 2: DIAGONAL STEP TOUCH X4, ROCK STEP, RECOVER, SHUFFLE ½ L

- 1&2& Step left forward to left diagonal, drag right touch besides left, step right back to right diagonal, drag left touch besides right
- 3&4& Step left backward to left diagonal, drag right touch besides left, step right forward to right diagonal, drag left touch beside right
- 5-6-7&8 Rock left forward, recover onto right, step left to left side & make a ¼ left, step right beside left, step left forward and make a ¼ left (12:00)

Sec. 3: FWD, PIVOT ¼ R, CROSS, RIGHT & LEFT TAP TAP Step FWD X 2

- 1-2-3-4 Step right forward, step left forward, pivot ¼ right, cross left over right (3:00)
- 5&6 Tap right next to left, tap further forward, step right forward to right diagonal - (Option: right side mambo)
- 7&8 Repeat – count 5&6, step left forward to left diagonal - (Option: left side mambo)

Sec. 4: FWD, MAMBO ½ L, FWD, RIGHT & LEFT KICK BALL TOUCH SIDE X 2

- 1-2-3-4 Step right forward, rock left forward, recover onto right, step left forward and make a ½ left (9:00)

** Alter. Music Restart @ Wall 2 : add 2 count - step right & left forward

- 5&6 Kick right forward, step right next to left, touch left to left side
- 7&8 Kick left forward, step left next to right, touch right to right side

Sec. 5: SIDE, CROSS, SIDE, CROSS, SIDE ROCK, RECOVER, WEAVE LEFT

- 1-2-3-4 Step right to side (straighten knees), cross left over right (both knees bent w/option: look left) X 2,
- 5-6 7&8 Rock right to right side, recover onto left, cross right behind left, step left to left side, Cross right over left

Sec. 6: SIDE, CROSS, SIDE, CROSS, SIDE BODY ROLL (1/8 R), SHOULDERS POPS UP & DOWN

- 1-2-3-4 Step left to side (straighten knees), cross right over left (both knees bent w/option: look right) X 2,
- 5-6 Touch left to left side, side body roll (Sit and weight on left) and make 1/8 right (10:30)
- * Restart @ Wall 3
- 7&8& Shoulders pops X 4

Sec. 7: BUMP HIPS FORWARD X 2, STEP PIVOT ½ LEFT, RIGHT KICK-BALL-CHANGE

1&2 Touch right forward with bump hip , recover onto left, step Right forward,

3&4 Repeat 1&2 on left (10:30)

5-6-7&8 Step right forward, pivot ½ left, kick right forward, step right beside left, step left forward (4:30)

Sec. 8: JAZZ BOX 1/8 R, (STEP, TOUCH WITH SWING HIPS) X2

1-2-3-4 Cross right over left, step left back and a 1/8 right, step right to right side, step left forward (6:00)

5-6-7-8 Step right to right side as you roll your hips counter clockwise, touch L forward to the L diagonal Step left to left side as you roll your hips clockwise, touch R forward to the R diagonal

Start the dance again
