

Enjoy Yourself

COPPER KNOB
BY STEPSHEETS

拍數: 64 牆數: 4 級數: Improver
編舞者: Sandra Speck (UK) - September 2012
音樂: Enjoy Yourself - Paul Bailey



Music download available from:- paulbailey music.co.uk

32 count intro, Start on main vocals, approx. 14 seconds

SIDE ROCK CROSS CLAP X 2

- 1 – 2 Step right foot to side, recover onto left
- 3 – 4 Cross right foot over left, clap hands
- 5 – 6 Step left foot to side, recover onto right
- 7 – 8 Cross left foot over right, clap hands

REVERSE RUMBA BOX

- 1 – 2 Step right foot to side, close left next to right
- 3 – 4 Step back on right foot, hold for one count
- 5 – 6 Step left foot to side, close right next to left
- 7 – 8 Step forward on left foot, hold for one count

STEP PIVOT ½ STEP CLAP, STEP PIVOT ¼ CROSS CLAP

- 1 – 2 Step forward on right foot, pivot ½ turn left, transferring weight to left foot
- 3 – 4 Step forward on right foot, clap hands (6.00)
- 5 – 6 Step forward on left foot, pivot ¼ turn right transferring weight to right foot (9.00)
- 7 – 8 Cross left foot over right, (angling body towards right diagonal) clap hands

SIDE CROSS SIDE KICK LEFT, SIDE CROSS SIDE KICK RIGHT

- 1 – 2 Step right foot to side, cross left over right, (still facing right diagonal)
- 3 – 4 Step right foot to side, turn body towards left diagonal and kick left foot forward
- 5 – 6 Step left to side, cross right foot over left (still facing left diagonal)
- 7 – 8 Step left to side, turn body towards right diagonal and kick right foot forwards

BACK ROCK SIDE, HOLD, BACK ROCK ¼ LEFT, HOLD

- 1 – 2 Step back on right, recover onto left
- 3 – 4 Step right to side straightening back up to face forward hold for one count (9.00),
- 5 – 6 Step back on left, recover onto right,
- 7 – 8 Turn ¼ left stepping forward on left, hold for one count (6.00)

RIGHT LOCK STEP, HOLD, STEP PIVOT ½ CROSS, HOLD

- 1 – 2 Step forward on right foot, lock left behind right
- 3 – 4 Step forward on right foot, hold for one count
- 5 – 6 Step forward on left foot, pivot ½ right transferring weight to right foot
- 7 – 8 Cross left foot over right, hold for one count (12.00)

SIDE TOGETHER SIDE ¼ LEFT HITCH, SIDE TOGETHER SIDE ¼ LEFT HITCH

- 1 – 2 Step right foot to side, close left foot next to right
- 3 – 4 Step right foot to side, hitch left knee as you turn ¼ left
- 5 – 6 Step left foot to side, close right next to left
- 7 – 8 Step left foot to side, turn ¼ left as you hitch right knee

SIDE TOGETHER SIDE ¼ LEFT HITCH, SIDE TOGETHER SIDE, HITCH

- 1 – 2 Step right foot to side, close left foot next to right

- 3 – 4 Step right foot to side, hitch left knee as you turn $\frac{1}{4}$ left
- 5 – 6 Step left foot to side, close right next to left
- 7 – 8 Step left foot to side, hitch right knee (3.00)

START AGAIN

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