

This One's On Me

COPPER KNOB
STEPSHEETS

Count: 32

Wall: 4

Level: High Beginner

Choreographer: Ann-Kristin Sandberg (NOR) - February 2023

Music: This One's On Me - Emma Steinbakken : (iTunes)



Start dancing on vocals (intro 8 c)

SIDE-TOGETHER-CHASSE-ROCK RECOVER-CHASSE ¼ TURN L

- 1-2 Step R to R side, Step L next to R
- 3&4 Step R to R side, Step L next to R, Step R to R side
- 5-6 Cross L in front of R, Recover onto R
- 7&8 Step L to L side, Step R next to L, ¼ turn L stepping L forw (F 09)

STEP-1/2 TURN L-1/2 TURN L INTO SHUFFLE –KNEE POPS-COASTER STEP

- 1-2 Step R forw, ½ pivot turn L stepping L forw (F 03)
- 3&4 ½ turn L stepping R backw, Step L next to R, Step R backw (F 09)
- 5-6 Step L back (knee pop R), Step R back (knee pop L)
- 7&8 Step L backw, Step R next to L, Step L forw

SIDE TOGETHER-SHUFFLE-SIDE TOGETHER-SHUFFLE

- 1-2 Step R to R side, Step L next to R
- 3&4 Step R forw, Step L next to R, Step R forw
- 5-6 Step L to L side, Step R next to L
- 7&8 Step L forw, Step R next to L, Step L forw

ROCK RECOVER-1/2 TURN R INTO SHUFFLE-ROCK RECOVER-BACK-TOUCH

- 1-2 Step R forw, Recover onto L
- 3&4 ½ turn R stepping R forw, Step L next to R, Step R forw (F 03)
- 5-6 Step L forw, Recover onto R
- 7-8 Step L backw, Touch R next to L

TAG 4 count after wall 3 F 09 :

- 1-2 Step R forw, recover onto L
- 3-4 Step R backw, recover onto L

ON KNEE POP IN SECTION 2: only in chorus...Cross arms on chest on count 5..on the word "ME"

ENJOY & HAVE FUN

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Last Update: 16 Feb 2023