

# Har Du Lyst Har Du Lov (If You Want to, You're Allowed)

**COPPER** KNOB  
STEPSHEETS

Count: 48

Wall: 2

Level: High Improver

Choreographer: Stefan Schützer (NOR) & Mona Akersveen Schützer (NOR) - January 2024

Music: Har du lyst har du lov - Carina Dahl



## [1-8] Vaudeville, step to side, behind side cross, rock to side, ¼ turn L

1&2& Cross right over left, step left to side, touch right heel diagonal fwd, step right foot next to left  
3-4 step left over right, step right to right side  
5&6 step left behind right, step right to side, cross left over right  
7-8 rock right to side, turn ¼ to L, step left foot fwd (9 o'clock)

(Restart in wall 5, Stay in front wall, so just step left foot to side on count 8)

(Tag: clap your hands 8 times (8 counts) in a circle clockwise)

## [9-16] Rocking chair, jazz-box ¼ turn R

1-4 rock fwd on right, recover on left, rock back on right, recover on left  
5-8 cross right over left, step left back while turn ¼ R, step right to side, step left fwd (12 o'clock)

## [17-24] Heel switches, flick x 2

1&2& touch right heel fwd, step right beside left, touch left heel fwd, step left beside right  
3&4 touch right heel fwd, flick right foot side, step right next to left  
5&6& touch left heel fwd, step left beside right, touch right heel fwd, step right beside left  
7&8 touch right heel fwd, flick right foot side, step right next to left

(You can slap your heel on flick)

## [25-32] Shuffle ¼ turn x2 to L, sailor step

1&2 step right to side, step left next to right, step right to side  
&3&4 turn ¼ L, step left to side, step right next to left, step left to side (9 o'clock)  
&5&6 turn ¼ L, step right to side, step left next to right, step right to side (6 o'clock)  
7&8 step left behind right, step right to side, step left to side

(restart in wall 2)

## [33-40] Cross rock, step to side, syncopated wine

1-2 rock right over left, recover on left  
3-4 step right to side, step left over right  
&5&6 step right to side, step left behind right, step right to side, step left over right  
&7&8 step right to side, step left behind right, step right to side, step left fwd

## [41-48] Rock fwd, coaster step, rock fwd, coaster step

1-2 rock right fwd, recover on left  
3&4 step right back, step left next to left, step right fwd  
5-6 rock right to R, recover on left  
7&8 step right back, step left next to left, step right fwd

(Ending, sailor ½ turn on 7&8)

Restart 1: In wall 2 after 32 counts

Restart 2: In wall 5 after 8 counts, facing 12 o'clock

In wall 5 dance the first 8 counts and DON'T turn (still face 12 o'clock) and to the tag:

Clap your hands 8 times (8 counts) in a circle clockwise

Last Update: 3 Mar 2024

