

Give Yourself A Hug (給自己一個擁抱)

COPPER KNOB
STEPSHEETS

Compte: 32

Mur: 4

Niveau: Beginner



Chorégraphe: Heru Tian (INA) - June 2025

Musique: Gei Zi Ji Yi Ge Yong Bao (給自己一個擁抱) - Kent Ma (馬健濤)

****2 Tags , No Restart**

****Tag 8C at the end of Wall 10 & 12 (facing 6.00 & 12.00)**

Sways RLRL

1234 Step RF to R Side, Sway to Right 2C (1,2), Sway to Left (3,4)

5678 Sway to Right (5,6), Sway to Left (7,8)

Section 1 : Back, Sweep, Back, Sweep, Coaster Sweep

1234 Step RF Back (1), Sweep LF front to back (2), Step LF Back (3), Sweep RF front to back (4)

5678 Step RF Back (5), Step LF Next to RF (6), Step RF Fwd (7), Sweep LF back to front (8)

Section 2 : Fwd, Sweep, Fwd, Sweep, 1/4L Jazz Box, Drag/Touch (Deep Down)

1234 Step LF Fwd (1), Sweep RF back to front (2), Step RF Fwd (3), Sweep LF back to front (4)

5678 Cross LF over RF (5), 1/4L, Step RF Back (6), Step LF to L Side (7), Drag RF towards LF into Touch beside LF (8) (9.00)

Section 3 : Basic NC R&L

1234 Take a long step RF to R Side 2C (1,2), Step LF slightly behind RF (3), Cross RF over LF (4)

5678 Take a long step LF to L Side 2C (5,6), Step RF slightly behind LF (7), Cross LF over RF (8)

Section 4 : Rumba Box Bwd & Fwd

1234 Step RF to R Side (1), Step LF Next to RF (2), Step RF Back (3), Touch LF beside RF (4)

5678 Step LF to L Side (5), Step RF Next to LF (6), Step LF Fwd (7), Touch RF beside LF (8)

Start again..

Best Regards,

Herutian79@gmail.com