

You Ruin Me

COPPER KNOB
STEPPERS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Alison Johnstone (AUS) & Travis Taylor (AUS) - September 2014
音乐: You Ruin Me - The Veronicas : (iTunes)



Restarts: 4 Restarts see below, Walls 1, 2, 5, 6 Easily heard in the music - 1st twice you dance to the 12 O'clock and 3 O'clock walls – I.E. Your Restarts are facing walls 3 and 6 on both occasions (Restart Walls 1 and 5 facing 3.00, Restarts 2 and 5 facing 6.00)

Start: Starts 8 counts into music

STEP DRAG, STEP DRAG, BALL STEP, PIVOT 1/4 CROSS (9.00)

1-2 Long Step R fwd dragging L towards R over 2 Counts
3-4 Long Step L fwd dragging R towards L over 2 Counts
&5 (Ball Step) Step R ball next to L, Step L fwd
6-7-8 Step R fwd, 1/4 L Pivot weight on L, Cross R over L

STEP DRAG, BEHIND, SIDE, CROSS ROCK, RECOVER, BALL, CROSS, SIDE

1-2 Long Step L Side dragging R towards L over 2 counts
3-4 Step R behind L, Step L Side
5-6 Cross Rock R over L, Recover L
&7-8 (Ball Step) Step R ball next to L, Cross L over R, Step R to side

STEP BACK SWEEP, STEP BACK SWEEP, BEHIND SIDE CROSS, 1/4, 1/2 (12.00)

1-2 Step back on L Sweeping R front to back over 2 Counts
3-4 Step Back on R Sweeping L front to back over 2 Counts
5&6 Step L behind R, Step R to R side, Cross L over R
7-8 1/4 L Step R back, 1/2 L Step L fwd

1/4 LUNGE STEP/HOLD, 1/2 TURN/HOLD, BALL STEP, CROSS, SIDE, TOUCH BEHOND, 1/2 UNWIND (9.00)

1-2 1/4 L Lunge/Step R to R side, Hold for count 2 (prep upper body for turn over R shoulder (prep body overturn L) (9.00)
3-4 Replace weight on L whilst making 1/2 R while dragging your R together over 2 counts (weights still on L) (3.00)

**** Restart here Walls 1, 2, 5, 6 Easily heard in the music - 1st twice you dance to the 12 O'clock and 3 O'clock walls –**

I.E. Your Restarts are facing walls 3 and 6 on both occasions (Restart Walls 1 and 5 facing 3.00, Restarts 2 and 5 facing 6.00)***

&5-6 Step R ball next to L, Cross L over R, Step R to R side
7-8 Touch L behind R, 1/2 Unwind weight on L (9.00)

*****Ending: Dance to end of wall 10 and replace the final Cross Unwind 1/2 with a Cross Unwind 3/4 to Face Front Long Step Forward Right....tada *****

***** Wall 9 is the only time you will ever start this dance facing 9 O'clock)*****

START AGAIN

This is a fantastic track. The Restarts are easy to hear with the music and to execute.
We hope you enjoy our dance

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