

Saving Me

COPPER KNOB
STEP SHEETS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Micaela Svensson Erlandsson (SWE) - August 2016
音乐: You Are Saving Me - Rasmus Eriksson : (Album: The Wind Beneath My Wings)



Intro : 32 counts

Section 1: □ Right Chasse. Back Rock. Left Grapevine ¼ Turn left. Scuff & ¼ turn left □

1&2 Step right to right. Close left beside right. Step right to right.
3-4 Rock back on left. Recover onto right.
5-7 Step left to left. Cross right behind left. Turn ¼ left stepping forward on left.
8 Scuff right turning another ¼ left on ball of left foot.

Section 2: □ Right Chasse. Back Rock. Left Grapevine ¼ Turn left. Scuff.

1&2 Step right to right. Close left beside right. Step right to right.
3-4 Rock back on left. Recover onto right.
5-7 Step left to left. Cross right behind left. Turn ¼ left stepping forward on left.
8 Scuff right forward.

Restart here: After Section 2 on Wall 5 (Facing 3 O'clock)

Section 3: □ Jump Forward. Hold & Clap. Forward Shuffle. Rock Step. Triple full Turn left.

&1-2 Jump forward on right. Jump forward on left. Hold & Clap.
3&4 Step forward on right. Close left beside right. Step forward on right.
5-6 Rock forward on left. Recover onto right.
7&8 Make a Triple Full turn over your left shoulder stepping left, right, left.

Easy Option: Replace the Triple full turn with a Coaster Step.

Section 4: □ Rock Step. Coaster Step. Rock Step Shuffle ½ Turn left.

1-2 Rock forward on right. Recover onto left.
3&4 Step back on right. Step left beside right. Step forward on right.
5-6 Rock forward on left. Recover onto right.
7&8 Shuffle ½ Turn back over the left shoulder stepping left, right, left.