

I'ma TREAT MYSELF!!!

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 2 级数: High Beginner
编舞者: Val Saari (CAN) - January 2019
音乐: TREAT MYSELF - Meghan Trainor



SHUFFLE DIAGONALLY FWD X 2, (RL)

1-2 Step RF diagonally right (2:00), Step LF beside R
3&4 Shuffle forward RLR (2:00)
5-6 Step LF diagonally forward left (10:00), Step RF beside L
7&8 Shuffle forward LRL (10:00)

V-STEP, SHUFFLE BACK RLR, LRL PIVOT 1/2 L

1-2 Step RF diagonally forward (1:00), Step LF diagonally forward (11:00)
3-4 Step RF back to centre, Step LF together
5&6 Shuffle back RLR
7&8 Shuffle back LRL Pivot 1/2 L

RF STOMP, KICK, MAMBO BACK, LF STOMP, KICK, MAMBO BACK

1-2 Stomp RF down, kick RF forward
3&4 Rock RF back, Recover LF, Step RF beside left
5-6 Stomp LF down, kick LF forward
7&8 Rock LF back, Recover RF, Step LF beside R

R SIDE MAMBO (CHA CHA CHA), L SIDE MAMBO, KICK R

1-2 RF Rock side right, LF recover
3&4 Step RF beside Left, Step LF in place, Step RF in place (cha, cha, cha)
5-6 LF Rock side left, RF recover
7-8 Step LF beside Right, Kick RF forward

REPEAT - No Tags, No Restarts

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