

Off My Feet

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Easy Intermediate
编舞者: Michele Perron (CAN) & Jo Thompson Szymanski (USA) - January 2019
音乐: The Way You Make Me Feel - The Douglas Group : (CD: No More Than Necessary)



Intro – 32 counts - BPM – 112 (No Tags – No Restarts)
Music Available on iTunes and Amazon
Thank you, DJ Louie St. George, for suggesting this song!
This is a floor-split for Michele Perron's beginner level dance "Pure Movies"

Alternative country song: Cowboy Up by Vince Gill
Alternative Christmas song: Christmas Comes But Once A Year by B. B. King

[1-8] WALK, WALK, ROCK SIDE, RECOVER, CROSS, SWEEP/HITCH, CROSS, BACK, 1/2 TURN LEFT

- 1-2 Walk forward R, L
- &3 Rock ball of R to right (angle body left to face 10:30) (&); Recover weight to L slightly forward (3)
- 4 Step R across L (4)
- 5-6 Squaring up to 12:00, Sweep L forward lifting L knee up (5); Cross L over R (6)
- 7-8 Step R back (7); Turn 1/2 left stepping L forward (8) (6:00)

[&9-16] FORWARD, TOGETHER, BACK, BACK, BACK, BEHIND, SIDE, CROSS, OUT, OUT, BALL, CROSS

- &1-2 Step R forward (&); Step L beside R (1); Step R back (2)
- 3-4 Step L back allowing R heel to grind turning R toe out (3); Step R back allowing L heel to grind turning L toe out (4)
- 5&6 Step L behind R (5); Step R to right (&); Cross L over R (6) (7:30)
- &7&8 Facing 7:30 – Step ball of R to right (&); Step ball of L to left (7); Step ball of R back (&); Cross L over R (8)

Option for &7&8: You may step on the heel of R then then heel of L – so it would be heel, heel, ball, cross

[17-24] STEP SIDE, TOUCH/BUMP, STEP SIDE, TOUCH/BUMP, BEHIND, 1/4 TURN L, TRIPLE FORWARD

- 1-2 Squaring up to 6:00 - Step R to right (1); Touch L forward to left diagonal (2)
- Styling: You may circle hips counterclockwise (1) Touch L as you bump hips to left diagonal (2)**
- 3-4 Step L to left (3); Touch R forward to right diagonal (4)
- Styling: You may circle hips clockwise (3) Touch R as you bump hips to right diagonal (4)**
- 5-6 Step R behind L (5); Turn 1/4 left stepping L forward (6) (3:00)
- 7&8 Step R forward (7); Step L beside R heel (&); Step R forward (8)

[25-32] 1/2 PIVOT TURN, 1/2 TURN LOCKING TRIPLE, 1/4 TURN R SIDE CROSS, 3/4 TURN R HEEL SWIVELS

- 1-2 Step L forward (1); Turn 1/2 right shifting weight to R (2) (9:00)
- 3&4 Turn 1/4 right stepping L to left (3); Step R across L (&); Turn 1/4 right stepping L back (4) (3:00)
- &5 Turn 1/4 right stepping R to right (&); Cross ball of L over R (5) (6:00)
- 6-8 Turn 1/4 right shifting both heels left (6); Turn 1/4 right shifting both heels left (7) Turn 1/4 right shifting both heels left, ending with weight back on L (8) (3:00) (Feet will be slightly apart as you turn)

Styling: You can bump hips left on each 1/4 turn right (6-8) or unwind slowly 3/4 turn right (6-8)

Non-turning option for counts 29-32:

- &5-6 Step R to right/slightly back angling body right (&); Touch L beside R (5); Hold (6)
- &7 Squaring up to 3:00, Step L to left (&); Touch R beside L (7)
- &8& Step R to right (&); Touch L beside R (8); Step L slightly back (&) (3:00)

BEGIN AGAIN.

Ending: At the end of the song, the last repetition will start facing the 6:00 wall.

If you are doing the turning option on counts 29-32, over-rotate the turn to end facing 12:00 and pose for a big finish! Enjoy!

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