You Don't Own Me



拍数: 36 墙数: 1 级数: Intermediate

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音乐: You Don't Own Me - Jann Arden



#16 Count Intro

Section 1- Cross Rocks x 2, Cross, side touches x 2

Cross rock right over left, recover weight to left, step right to right side
Cross rock left over right, recover weight to right, step left to left side
Cross right over left, step left to left, touch right toe forward, step right down

a7a8 Cross left over right, step right to right, touch left toe forward, step left down (12:00)

Section 2- Walk forward, Spiral turn, Rocking Chair

1-2 Walk forward right, left

3-4 Step right forward, making full spiral turn left (weight remains on right) or non turning option -

step right fwd. hold

5-8 Rock left forward, recover weight to right, rock left back, recover weight to right (12:00)

Section 3- Pivot ½, Full Turn, Sways

1-2 Step left forward, turn ½ right, transfer weight to right, stepping right forward

Full turn right, step left back ½ right, step right forward ½, step left together Non-turning

Option – Shuffle forward left, right, left

5-8 Step right to right with a sway right, left, right, left, (hands by sides palms facing down) and

snap fingers on 8 (6:00)

Section 4 – ½ Turn, Sways, Jazzbox

1-4 Turning ½ left step right to right side as you sway right, sway left, right, left (hands by sides

palm facing down) and snap on 8

5-8 Cross right over left, step left back, step right to right side, step left together (12:00)

Section 5- Sailor Steps

Step right behind left, step left to left side, step right to right side

3a4 Step left behind right, step right to right side, step left to left side (12:00)*

*Tag-16 Count – At the end of Wall 3 (12:00)

Side Steps, Heel Lifts, 3 left 1/4 Pivots

a1,2,3,4 Step right to right side, touch left touch forward, lift left heel 4 times (pumping your

knee),(hands on hips, shaking head NO)

a5,6,7,8 Step down on left, and touch right toe forward, lift right heel 4 times (pumping your knee,

moving hands from hips to touch right index finger by lips)

a1,a2,a3,a4 Transfer weight to right stepping right by left, on the spot lifting heels begin with left, right, left

(weighted left when done)

5-6 Step right forward, pivot ¼ left, step left forward

7a8a Step right forward, pivot ¼ left, stepping left forward, pivot ¼ left, stepping left forward (12:00)

Last Update - 1 Apr 2022