

My Treasure

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 2 级数: Intermediate
编舞者: Dee Musk (UK) - July 2022
音乐: My Pleasure - Emeli Sandé : (Album: Let's Say For Instance.)



#4 Count Intro – Approx 4 secs – Start on the word 'Pleasure'. 80 BPM.

Track Approx 3 mins 07 secs. Track available from [iTunes.co.uk](https://www.itunes.co.uk) - deedeemusk@gmail.com.

– No Tags or Restarts

Side, Back Rock, Recover, Side, Back Rock, Recover, ¼ Turn Right with Sweep of Left, Cross Rock, Recover, Side Rock, Recover, Behind, Side.

- 1,2& Step R to R side, cross rock L behind R, recover weight to R.
- 3,4& Step L to L side, cross rock R behind L, recover weight to L.
- 5 Make ¼ turn R stepping forward on to R sweeping L in front of R.
- 6& Cross rock L over R, recover weight R.
- 7& Rock L to L side, recover weight R.
- 8& Cross step L behind R, step R to R side. (3 o'clock).

Cross with Sweep, Cross, Tap, Step Back with Sweep, Sailor ½ Turn Cross Right, ¾ Turn Right, Point Left, &, Point Right, &.

- 1,2&3 Cross L over R sweeping R in front of L, cross R over L, tap L toe behind R, step back on L sweeping R to behind L.
- 4&5 Make ½ sailor turn R stepping R behind L, step L to L side, cross R over L.
- 6& Make ¼ turn R stepping back on L, make ½ turn R stepping forward on R.

***Alternative steps for counts 4&5,6&: R sailor step, cross step L behind R, make ¼ turn R stepping forward on R.**

- 7&8& Point L to L side, step L beside R, point R to R side, step R beside L. (6 o'clock).

Step Left Forward with Sweep of Right, 3/8 Diamond Fallaway Right, Step ½ Pivot Turn Left, Rock, Recover, Step Back, Step Back with Sweep.

- 1 Step forward on L sweeping R in front of L.
- 2&3 Cross R over L making 1/8 turn R, step L to L side, step back on R (facing 7.30).
- 4&5 Step back on L, make 1/8 turn R stepping R to R side, make 1/8 turn R stepping forward on L (facing 10.30).
- 6& Step forward on R, make ½ turn L (facing 4.30).
- 7,8 Rock forward on R, recover weight to L.
- &1 Step back R, step back L sweeping R behind L. (4.30 o'clock).

1/8 Turn L Behind, Side, Cross, Hinge ½ Turn Right, Cross Rock, Recover, ¼ Turn Left, Step Full Spiral Turn Left, Step, Touch with Dip.

- 2&3 Make 1/8 turn L cross stepping R behind L, step L to L side, cross R over L (facing 3.00).
- 4& Make ¼ turn R stepping back on L, make ¼ turn R stepping R to R side.
- 5,6& Cross rock L over R, recover weight to R, make ¼ turn L stepping forward on L.
- 7 Step forward on R and spiral a full turn L (weight on R).

****Non-turning option for count 7: Step forward on R.**

- 8& Step forward on L, slightly dip both knees and touch R beside L ready to begin again. (6 o'clock).

Enjoy