

# Self-Love

**COPPER** KNOB  
STEPSHEETS

拍数: 32      墙数: 2      级数: High Intermediate - Rolling Count  
编舞者: Simon Ward (AUS)  
音乐: Lover - Taylor Swift : (iTunes, Amazon & Spotify)



**Restart:** On wall 3 after count 8a (see notes regarding restart)

**Intro:** 16 counts

**Note:** Start dance with L toe touch behind R

**Ending:** Finish on count 32 facing back wall looking over left shoulder on same count

**[1-7] L back sweeping R, R behind L, ¼ turn L, ½ turn L, L behind R, R side, Cross L with hitch, R Shuffle fwd**

- 1-2a      Step L back sweeping R back, Step R behind L, Turn ¼ left stepping L forward 9.00
- 3-4a      Turn ½ left stepping R beside L sweeping L back, Step L behind R, Step R to right side 3.00
- 5      Step L slightly forward & across R hitching R knee slowly turning 1/8 left 1.30
- 6a7      Step R forward, Step L beside R, Rock/step R forward 1.30

**[8-16] Recover L, ½ turn R, full turn R, R fwd , Weave ¼ L, Walk R,L, R fwd ,Rock, Recover, L back, Rock ,Recover**

- 8a1      Recover/step L stepping L back, Turn ½ right stepping R forward, Step L beside R making a full turn right sweeping R foot around 7.30
- 2      Step R slightly forward sweeping L forward 7.30
- 3a4      Cross/step L over R, Turn 1/8 left stepping R to right side to 6.00, Rock/step L back turning 1/8 left 4.30
- 5-6      Walk R forward, Walk L forward 4.30
- 7&a      Step R forward, Rock ball of L behind R, Recover weight onto R 4.30
- 8&a      Step L back, Rock/step R slightly back, Recover weight onto L 4.30

**(Body turned slightly to left for 7&a, 8&a)**

**[17-24] ½ L, L fwd, 1/2 turn L, L back sweep R , R behind L, 1/8 turn L, Rock R fwd, recover, ½ turn R, L fwd, Back R,L**

- 1      Step R forward as you turn ½ left raising L toe looking at 10.30
- 2a3      Step L slightly forward, turn ½ left stepping R beside L, Step L slightly back sweeping R back 4.30
- 4a5      Step R behind L, Turn 1/8 left stepping L to left side to 3.00, Rock/step R forward 3.00
- 6a7      Recover weight back on L, Turn ½ right stepping R forward, Step L forward hitching R knee 9.00
- 8a      Step R back, Step L back

**[25-32] ¼ R Sway R,L,R, ¼ turn L, ½ turn L, Rock L back, Recover R, ¼ turn R, R back sweep L, Rock L back, Recover on R ball**

- 1-3      Step R back turning ¼ right and swaying to right, Sway weight to left, Sway weight to right 12.00

**(Emphasise the shoulders more than the body on the sways)**

- 4a5      Take weight onto L turning ¼ left, Turn ½ left stepping R beside L, Rock/step L back 3.00
- 6a7      Recover weight onto R, Turn ¼ right stepping L beside R, Step R back sweeping L back 6.00
- 8a      Step L back and behind R in a seated position, Push off on ball of R to restart dance 6.00

## RESTART

**Restart Notes:** On Wall 3 replace counts 8a9 with:

- 8a1      Step L back, Step R back, Step L back sweeping R back to 12.00 to start again