

Help Me Behave Myself

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 2 级数: Beginner
编舞者: Pat Newell (USA) - November 2023
音乐: I Want You Bad (And That Ain't Good) - Collin Raye



Senior Dancing Series

#32 in

RIGHT OVER LEFT DIAGONAL ROCKING CHAIR, TRIPLE STEP

1-4 Rock R O L, recover on L, rock back on R, recover on L
5-8 Rock R O L, recover on L, triple RLR

LEFT OVER RIGHT DIAGONAL ROCKING CHAIR, TRIPLE TEP

1-4 Rock L O R, recover on R, rock back on L, recover on R
5-8 Rock L O R, recover on R , triple LRL

RIGHT VINE, LEFT VINE TO 1/4 LEFT 9:00

1-4 Step R to R, step L behind R, step R to R, touch
5-8 Step L to L, step R behind L, turn 1/4 L on L, touch R

OUT, OUT, IN, IN STEP HOLD, PIVOT 1/4 LEFT HOLD 6:00

1-4 Step out R to R, step L to L, step R back to start position, step L back to start position
5-8 Step fwd on R, HOLD, turn L 1/4 to 6:00 wall, HOLD

Start Again

DANCE FOR THE HEALTH OF IT
