

Give Yourself A Hug (给自己一个拥抱)

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: High Beginner
编舞者: Penny Tan (MY) & Shirley Bang (MY) - May 2025
音乐: Gei Zi Ji Yi Ge Yong Bao (给自己一个拥抱) - Ma Jian Tao (马健涛)



Start Intro Dance (32C x2) after 2C

****2 Tags / No Restarts**

***Tag 1 (32C x2) after W4 , facing 12:00**

****Tag 2 (8C) after W7 , facing 3:00**

Intro Dance / Tag 1 (32C x2)

iSec1:Side , Together , Side , Touch (R-L)

1-4 Step RF to R , step LF next to RF , step RF to R , step LF next to RF

5-8 Step LF to L , step RF next to LF , step LF to L , step RF next to LF

iSec2:Pivot ½ Turn L , Fwd Shuffle , Hold

1-4 Step RF fwd , hold , ½ turn L , step LF fwd , hold

5-8 Fwd shuffle R-L-R , hold

iSec3:Pivot ½ Turn R , Fwd Shuffle , Hold

1-4 Step LF fwd , hold , ½ turn R , step RF fwd , hold

5-8 Fwd shuffle L-R-L , hold

iSec4:Sways , Touch (R-L)

1-4 Step RF to R with sway R-L-R , touch LF next to RF

5-8 Step LF to L with sway L-R-L , touch RF next to LF

***Note:Intro Dance also as Tag 1 in this dance**

Tag 2 (8C)

Sways , Touch (R-L)

1-4 Step RF to R with sway R-L-R , touch LF next to RF

5-8 Step LF to L with sway L-R-L , touch RF next to LF

Main Dance

SEC1:SLOW CROSS SHUFFLE , POINT (R-L)

1-4 Cross RF over LF , step LF to L , cross RF over LF , point L toes out to L side

5-8 Cross LF over RF , step RF to R , cross LF over RF , point R toes out to R side

SEC2:WEAVE , CROSS, RECOVER , ¼ TURN R FWD , HOLD

1-4 Cross RF over LF , step LF to L , step RF behind LF , step LF to L

5-6 Cross RF over LF , recover on L

7-8 ¼ turn R , step RF fwd , hold

SEC3:WEAVE , CROSS, RECOVER , ¼ TURN L FWD , HOLD

1-4 Cross LF over RF , step RF to R , step LF behind RF , step RF to R

5-6 Cross LF over RF , recover on R

7-8 ¼ turn L , step LF fwd , hold

SEC4:FWD , SWEEP (R-L) , 1/4 TURN L SIDE ROCK , RECOVER , TOUCH

1-4 Step RF fwd , sweep LF from back to front , step LF fwd , sweep RF from back to front

5-6 ¼ turn L , rock RF to R side , recover on L

7-8 Touch RF next to LF , hold

Ending:On W 10 dance Sec1 (8C) , add ¼ turn R Jazz Box (4C) , facing 12:00 & make a post !

1-4 Cross RF over LF , $\frac{1}{4}$ turn R , step LF back , step RF to R side , step LF fwd

Have fun and happy dancing!
