

Be My Own Man

COPPER KNOB
STEPMATS

拍数: 64 墙数: 2 级数: Intermediate / Advanced
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音乐: Be My Own Man - Phillip-Michael Scales



Intro: 16 counts (after 11 seconds)

Walk, Walk, Mambo Forward, Step Back w/ Sweep, Behind Side Cross

1-2 Walk forward R (1), Walk forward L (2)
3&4 Rock R forward (3), Recover on L (&), Step R back (4)
5-6 Step L back as you sweep R back over 2 counts (5-6)
7&8 Cross R behind L (7), Step L to L (&), Cross R over L (8)

Ball Step, Tap, Back, Kick, Out Out, In Cross, Slide w/ Drag, Ball Cross, 1/4 Forward

&1& Step L to L (&), Make 1/8 L stepping R forward (1) [10:30], Tap L toes behind R heel (&)
2& Step L back (2), Kick R forward (&)
3&4& Make 1/8 R stepping R to R (3) [12:00], Step L to L (&), Close R next to L (4), Cross L over R (&)
5-6 Take a big step to R as you drag L up over 2 counts (5-6) *Add 2 count tag and restart here on Wall 2
&7-8 Quickly close L next to R (&), Cross R over L (7), Make 1/4 L stepping L forward (8) [9:00]

1/2 Sweep, Pony Step, Sit Back, Recover w/ Flick, Walk, Walk

1-2 Make 1/2 L stepping back on R as you sweep L back over 2 counts (1-2) [3:00]
3&4 Step L back as you hitch R knee (3), Recover on R (&), Step L back as you hitch R knee (4)
5-6 Rock back R as you sit over R hip (5), Recover on L as you flick R back (6)
7-8 Walk forward R (7), Walk forward L (8)

Modified Syncopated K-Step w/ 1/4, Press, Recover w/ Hitch, Step Back, Coaster Step

&1&2 Step R diag. forward (&), Touch L next to R (1), Step L diag. back (&), Touch R next to L (2)
&3&4 Make 1/4 R stepping R to R (&) [6:00], Touch L next to R (3), Step L diag. forward (&), Touch R next to L (4)
&5-6 Press forward on R (&), Recover on L as you hitch R knee (5), Step R back (6)
7&8 Step L back (7), Close R next to L (&), Step L forward (8)

1/4 Cross, Side, Sailor w/ Diagonal Point, Ball Cross, Side, Sailor w/ Diagonal Point

1-2 Make 1/4 R crossing R over L (1) [9:00], Step L to L (2)
3&4& Cross R behind L (3), Step L to L (&), Point R toes to R diagonal (4), Quickly close R next to L (&)
5-6 Cross L over R (5), Step R to R (6)
7&8& Cross L behind R (7), Step R to R (&), Point L toes to L diagonal (8), Quickly close L next to R (&)

Cross, 1/4, 1/4, Cross Shuffle, Smooth Hip Roll w/ 1/4, Quick Hip Rolls w/ 1/4s

1-2& Cross R over L (1), Make 1/4 R stepping L back (2) [12:00], Make 1/4 R stepping R to R (&) [3:00]
3&4 Cross L over R (3), Step R to R (&), Cross L over R (4)
5-6 Step R forward as you circle hips counter-clockwise making 1/4 L (5) [12:00], Recover on L (6)
7& Step R forward as you circle hips counter-clockwise making 1/4 L (7) [9:00], Recover on L (&)
8& Step R forward as you circle hips counter-clockwise making 1/4 L (8) [6:00], Recover on L (&)

Double Shoulder Pop, & Rock Forward w/ Shoulder Roll, Heel Fans Back, Coaster Step

1-2 Press R firmly forward as you pop R shoulder forward/up (1), pop R shoulder forward/up (2)

Note: the Double Shoulder Pop can be replaced with a regular Rock Forward, Recover

&3-4 Quickly close R next to L (&), Rock L forward as you roll L shoulder from front to back (3), Recover on R (4)

5-6 Step L back as you fan R toes to R (5), Step R back as you fan L toes to L (6)

7&8 Step L back (7), Close R next to L (&), Step L forward (8)

Boogie Walk Forward, Mambo 1/2 Turn, Ball 1/4 Cross, 1/4 Forward, Chase 1/2 Turn

1&2 As you bend knees slightly, run forward R (1), L (&), R (2)

3&4 Rock L forward (3), Recover on R (&), Make 1/2 L stepping L forward (4) [12:00]

&5-6 Make 1/4 L stepping R to R (&) [9:00], Cross L over R (5), Make 1/4 R stepping R forward (6) [12:00]

7&8 Step L forward (7), Pivot 1/2 R (&) [6:00], Step L forward [8]

Tag/Restart – On Wall 2, dance 14 counts, then add the following 2 count tag, restarting the dance on 12:00

&7-8 Quickly close L next to R (&), Step R forward (7), Pivot 1/2 L (8) [12:00]
