

My Star

COPPER KNOB
STEPSHEETS

拍数: 40 墙数: 4 级数: Beginner
编舞者: Debora Russell (USA) - July 2025
音乐: My Star - Carmichael Musiclover



I believe soul line dances are usually learned by watching people dance it and memorizing the steps and how they fit the music, and making strong muscle memories. This dance, fortunately, also lends itself to being counted and written into a step sheet for other learning preferences. The counts are based on the rhythm of the music. The dance starts when the singer starts singing.

JAZZ BOXES, SHUFFLE STEP, SIDE ROCK, RECOVER

1 2 3 4 Right foot jazz box in place (cross right over left, back on left, right side, left together)
5&6 7 8 Shuffle forward left, right left, rock on right to side, recover on left

REPEAT STEPS 1-8 ABOVE

STEP POINTS OUT IN, PADDLE QUARTER LEFT TURN

1 2 3 4 Step on right, point left out, in, out
5 6 7 8 Step on left, point right out, in, out
9 10 11 12 Step on right, point left out, in, out
13 14 15 16 Step on left, paddle three times on right foot to complete quarter left turn

GANGSTA WALKS BACK

1 2 3 4 Step back on right, hip dips for 2, 3, 4
5 6 7 8 Step back on left, hip dips for 6, 7, 8

REPEAT STEPS 1-8 ABOVE

STEP PUSHES UP

1 2 3 4 Step forward on ball of right foot, relax step, push again on ball of right foot, relax step
5 6 7 8 Step forward on ball of left foot, relax step, push again on ball of left foot, relax step

REPEAT STEPS 1-8 ABOVE

START DANCE OVER

Submitted by: Bonnie Berns - Email: yaelchina@yahoo.com