

Beside Myself (P)

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 0
编舞者: Jim Dixon & Phyllis Dixon
音乐: Half the Man - Clint Black

级数: Partner



Position: Closed Western position. Man faces LOD

This dance was choreographed for the wedding vow renewal of our friends Chris & Debbie Greenwald

MAN'S STEPS

BASIC

- 1-3 Step forward on left, right next to left, left next to right
- 4-6 Step back on right, left next to right, right next to left

LADY'S TURN TO RIGHT SIDE-BY-SIDE POSITION

Raise man's left and lady's right hand

- 7 Step forward on left
- 8 Step right next to left
- 9 Step left next to right

Lady is now on man's left side. Man takes lady's right hand into his right hand

- 10 Step forward on right
- 11 Step left next to right
- 12 Step right next to left

Rejoin hands. Partners are now in the right side by side position facing LOD

WALTZ BASIC FORWARD

- 13-15 Step forward on left, right, left
- 16-18 Step forward on right, left, right

LADY'S CROSSOVER INTO A RIGHT PRETZEL POSITION

Raise both hands over lady's head

- 19 Step left over right in place
- 20 Step in place on right
- 21 Step in place on left
- 22 Step right over left in place
- 23 Step in place on left
- 24 Step in place on right

Man releases lady's left hand and brings lady's right hand down to her back at her waist as she completes her spin. Partners join left hands and are now side by side in a Right Hammer position (right arms behind lady's back at her waist and left hands in front) facing LOD

FORWARD BASIC, LADY'S SPIN

- 25-27 Step forward on left, right, left

Release right hands from behind lady's back. Man raises left hands over lady's head pushing her off into a free spin while releasing all hands

- 28 Step forward on right
- 29 Step left next to right
- 30 Step right next to left

Partners enter a Closed Western Dance Position (man faces LOD and lady faces RLOD)

WALTZ BASIC

- 31-33 Step forward on left, right, left
- 34-36 Step forward on right, left, right

OPEN TO RIGHT OPEN PROMENADE POSITION, SHUFFLES

Man release's lady's right hand from his left

- 37 Step forward on left
- 38 Step on right
- 39 Step on right

Man takes up lady's left hand in his right & partners assume a Right Open Promenade Position facing LOD

- 40 Step forward on right
- 41& Step forward on left, & slide right up next to left
- 42 Step forward on left
- 43-45 Repeat beats 40 through 42

Return to Closed Western Dance Position

- 46 Step forward on right
- 47 Step left next to right
- 48 Step right next to left

Partners now resume a Closed Western Position

REPEAT

LADY'S STEPS

BASIC

- 1-3 Step forward on left, right next to left, left next to right
- 4-6 Step back on right, left next to right, right next to left

LADY'S TURN TO RIGHT SIDE-BY-SIDE POSITION

Raise man's left and lady's right hand

- 7 Step back on right & begin $\frac{1}{2}$ turn to the right under mans left arm moving to mans left side
- 8 Step on left and continue $\frac{1}{2}$ right turn
- 9 Step on right to complete turn

Lady is now on man's left side. Man takes lady's right hand into his right hand

- 10 Step forward on left and begin a full turn to the left crossing in front of man to his right side
- 11 Step on right and continue full turn to the left
- 12 Step on left and complete full turn to the left

Rejoin hands. Partners are now in the right side by side position facing LOD

WALTZ BASIC FORWARD

- 13-15 Step forward on right, left, right
- 16-18 Step forward on left, right, left

LADY'S CROSSOVER INTO A RIGHT PRETZEL POSITION

Raise both hands over lady's head

- 19 Step to the left on right crossing in front of man beginning a encirclement of man to the left
- 20 Step on left continuing encirclement of man to the left
- 21 Step on right at man's left side temporarily facing RLOD
- 22 Step behind man on left continuing encirclement to the left
- 23 Step on left progressing behind man's back to his right
- 24 Step on left at man's right side and execute a full spin to the right into a right hammer position on man's right

Man releases lady's left hand and brings lady's right hand down to her back at her waist as she completes her spin. Partners join left hands and are now side by side in a Right Hammer Position (right arms behind lady's back at her waist and left hands in front) facing LOD

FORWARD BASIC, LADY'S SPIN

- 25-27 Step forward on right, left, right

Release right hands from behind lady's back. Man raises left hands over lady's head pushing her off into a free spin while releasing all hands

- 28 Step on left & begin a 1 ½ free spin to the right progressing toward LOD
- 29 Step on right continuing 1 ½ free spin to the right
- 30 Step on left completing 1 ½ free spin to the right

Partners enter a Closed Western Dance Position (man faces LOD and lady faces RLOD)

WALTZ BASIC

- 31-33 Step back on right, left, right
- 34-36 Step back on left, right, left

OPEN TO RIGHT OPEN PROMENADE POSITION, SHUFFLES

Man release's lady's right hand from his left

- 37 Step on right & begin a ½ turn to the right progressing to man's right side
- 38 Step on left continuing ½ turn to the right
- 39 Step on right completing ½ turn to the right

Man takes up lady's left hand in his right & partners assume a Right Open Promenade Position facing LOD

- 40 Step forward on left
- 41& Step forward on right, & slide left up next to right
- 42 Step forward on right
- 43-45 Repeat beats 40 through 42

Return to Closed Western Dance Position

- 46 Step forward on left & begin a ½ turn to the right progressing to front of man
- 47 Step on right continuing ½ turn to the right
- 48 Step on left completing ½ turn to the right to face man

Partners now resume a Closed Western Position

REPEAT
