

Parta Me

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Michele Perron (CAN) - December 2008
音乐: Part of Me - Chris Cornell : (CD: Scream - Clean Version)



Introduction: 16 Counts

Sec 1: (1- 8) Back,Drag,&-Forward-Turn/Touch, Hold, &-Turn/Touch, Across, Side

- 1,2 LEFT (Large) Step back; RIGHT Drag back *
- * Styling Note: L shoulder back, face diagonal L**
- 3&4 RIGHT Step beside L, LEFT Step forward, RIGHT Touch side R with 1/4 Turn L (9 o'clock)
- 5&6 HOLD, RIGHT Step back and begin 1/2 Turn R, LEFT Touch side L with completion of turn (3 o'clock)
- 7,8 LEFT Step across front of R; RIGHT Step side R

Sec 2: (9-16) &-Side-Hitch/Turn, L Triple Forward, Forward, Turn, R Triple Turn

- &,1 LEFT Step beside R, RIGHT Step side R [Optional: add 'side' body wave on Counts &,1]
- 2 LEFT Knee hitch [bend R knee on Count 2] with 1/4 Turn L* (12 o'clock)
- 3&4 LEFT Triple forward (L forward , R beside, L forward)
- 5,6 RIGHT Step forward; LEFT Step forward (in place) with 1/2 Turn L (6 o'clock)
- 7&8 RIGHT Triple with 1/2 Turn L (R side with 1/4 L, L across front of R, R back with 1/4 L) (12 o'clock)

Sec 3: (17-24) &-Across, Slow Unwind L, Press-Release (Twice)

- &,1 LEFT Step side L with 1/4 Turn L; RIGHT Toe/Ball Step across front of L (9 o'clock)
- 2-4 Full Unwind Turn L*, weight ends on Right (behind L)
- * Optional: add 3 shoulder shrugs (both or alternating)**
- 5,6 LEFT 'Press' Toe/Ball Step forward diagonal L; RIGHT Recover/Back (in place) behind L
- 7,8 LEFT 'Press' Toe/Ball Step forward diagonal L; RIGHT Recover/Back (in place) behind L

Sec 4: (25-32) Behind-Turn-Forward, R Triple Forward, Forward, Turn, Turn, Together

- 1&2 LEFT Crossed behind R, RIGHT Step forward with 1/4 Turn R, LEFT Step forward (12 o'clock)
- 3&4 RIGHT Triple forward (R forward, L beside, R forward)
- 5,6 LEFT Step forward; Turn 1/2 R with RIGHT Step forward (in place) (6 o'clock)
- 7,8 Turn 1/4 L with LEFT Step Forward; RIGHT Step beside L (3 o'clock)

Begin Again

BRIDGE: 16 Counts, OCCURS TWICE. Four rotations, bridge, four rotations, bridge, then dance to end...You will be facing 12 o'clock wall to begin dance both times

Triple Side, Sailor Turn, Side, Drag, Drag, &-Cross

- 1&2 LEFT Triple side L (L side, R together, L side)
- 3&4 RIGHT Sailor Triple with 1/2 Turn R
- 5-7 LEFT (large) Step side L; RIGHT Drag/Slide to L
- &,8 RIGHT Ball/Step slightly back, LEFT Step across front of R

Triple Side, Sailor Turn, Side, Drag, Drag, &-Cross

- 1&2 RIGHT Triple side R (R side, L together, R side)
- 3&4 LEFT Sailor Triple with 1/2 Turn L
- 5-7 RIGHT (large) Step side R; LEFT Drag/Slide to R
- &,8 LEFT Ball/Step slightly back, RIGHT Step across front of L

