

Misery (Let Me Be)

COPPERKNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Leong Mei Ling (MY) - September 2010
音乐: Misery - Maroon 5



Intro: 16 counts

Tag: After Walls 1 - 4. (Simple 8-count tag after the odd-numbered walls; 8 ctsx2 after the even numbered walls)

Section 1: WALK, WALK, KICK-STEP-SIDE, SWIVEL KNEE IN-OUT-IN, RIGHT BUMP, HITCH

1-2 Step Right forward, step Left forward
3&4 Kick Right forward, step Right beside Left, step Left to side
5&6 Swivel Right heel out, in, out (right knee moves in tandem in, out, in)
7&8 (gradually transfer weight to right as you bump) Bump hip right (7) recover hip (&) bump hip right hitch Left (8)

Section 2: POINT, HITCH, STEP SIDE, CROSS ROCK SIDE, OUT-OUT, CROSS ROCK, 1/4 LEFT STEP SIDE

1&2 Touch Left out of left, hitch Left a little, step Left to side
3&4 Step Right across Left, recover to Left, step Right to side
5-6 Step Left out to left diagonal, step Right out to right diagonal
7&8 Step Left across Right, recover to Right, 1/4 turn left big Left step to side [9:00]

Section 3: KICK-STEP-POINT, KICK-STEP-POINT, CROSS, BACK, ANCHOR STEP WITH 1/2 RIGHT

1&2& Kick Right forward, step Right beside Left, rock on Left, recover Right
3&4& Kick Left forward, step Left beside Right, rock on Right, recover Left
5-6 Cross Right over Left, step Left back
7&8 Step Right behind Left, step Left in place, 1/2 turn right step Right forward [3:00]

Note: footwork for '7&' is mostly on the balls of the foot as the pace is quick.

Section 4: SCUFF HITCH, SIDE ROCK, CROSS, SIDE ROCK, SAILOR, 1/2 LEFT SAILOR

1&2& Scuff - hitch Left (1&), rock Left to side (2), recover Right (&)
3 Step Left across Right
4& Rock Right to side, recover Left
5&6 Step Right behind Left, step Left to side, step Right to slight right diagonal
7&8 Step Left behind Right, 1/2 turn left step Right to side, step Left diagonally forward [9:00]

TAG (After Walls 1, 2, 3 & 4)

Facing 9:00 & 3:00 - 8 counts

Facing 6:00 & 12:00 - 8x2 counts

1-2 Walk forward Right, Left
3 Step Right to side

(body angled left, push ribcage forward, right hand stretched out to right side, as if saying 'stay away')

&4& Release ribcage (&), push ribcage forward again (4), release (&)
5&6 Back rock on Right, recover Left, step Right to side
7&8 Back rock on Left, recover Right, step Left forward

Thanks Brandon (my eldest son) for bringing my attention to this piece of music. I love you!

Enjoy! :D