

Being Me

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 2 级数: Intermediate
编舞者: Lorraine Shelton (AUS) - September 2013
音乐: Learning to Live - Beth Hart : (Show Theme Song)



ROCK, ½, FULL TURN, FORWARD, BACK& BACK, FORWARD

1,2,3&4& Rock forward R, Recover back onto L, Turn ½ R – Step forward R, R full turn forward (L,R,L)
5,6&7,8 Step Forward onto R, Recover back onto L, Step R tog, Step back onto L, Step forward onto R

FORWARD, ¼ PIVOT, WEAWE , SWAY, BEHIND UNWIND

&1,2,3&4& Step L Tog, Step forward R – ¼ pivot to L, Cross R over L, Step L to L side, Cross R Behind L, Step L to side
5,6,7,8 Sway Hips to R, Sway Hips to L, Cross R over L-unwind ½ turn L (Keep weight on L)

STEP SWEEP, STEP SWEEP, ROCK,1/2 TURN, STEP SWEEP, STEP SWEEP, ROCK ¼ TURN

1&2&3&4& Step forward R sweeping L forward, Step L Forward sweeping R forward, Step forward onto R, Recover onto L, (**) Turn ½ to R step forward onto R, Step forward onto L
5&6&7&8& Step forward R sweeping L forward, Step L Forward sweeping R forward, Step forward onto R, Pivot ¼ turn L, Cross R Over L, Step L to L side

BACK ROCK, BACK ROCK, ½ TURN, FULL TURN, WALK FORWARD, TOGETHER

1,2&3,4& Rock back on R behind L, Recover forward onto L, Step R to R side, Rock back on L behind R, Recover forward onto L, Step L to L side
5,6&7&8 Turn ½ R and step forward on R, Full turn forward, Step forward on L, Step R together, Step L forward

1/4 PIVOT, CROSS 1/2, 1/2 TURN, POINT, SAILOR,¼ TURN,STEP FORWARD, ROCK

1,2,3&4 Step forward on R, 1/4 Pivot turn L, Cross R over L -1/2 turn L(weight stays on L) Cross R over L turning ½ L (making a full turn) Point R to Side
5&6&7,8 Cross R behind L, Step L to L side, Step R to R Side, Turn ¼ L- step L to L side, Rock forward on R, Recover L

¼ TURN STEP & POINT, BEHIND, SIDE, FRONT, HIPS, 1/4 SAILOR, STEP

1,2&3,4 Turn ¼ R – Step R to R side, Point L to L side, Cross L behind R, Step R To R side, Cross L over R,
5,6&7,8& Step R to R side and sway hips R L, Cross R behind L, Turn ¼ R, Step L to L side, Step R to side, Step forward L

**** Short Wall 5 –instead of the ½ turn, make a ¼ turn R step onto R, Step L forward and Restart facing the front wall.**

Contact: lass_shelton@hotmail.com - 0427917889

(Version 3)

Last Revision - 25th Oct 2013