

# My Motherland and I

**COPPER KNOB**  
STEPPERS

拍數: 96      牆數: 2      級數: Improver  
編舞者: Shen Hong Wei (CN) & Yu Guo Ying (CN) - April 2015  
音樂: My Motherland and I by Yin Xiu Mei



Intro: 54 counts

## [1-6]SWAY RIGHT, CROSS, 1/8 TURN, IN PLACE

1-3                Step R to right side, sway to right (2 counts)  
4-6                Cross L over R, turn 1/8 right stepping R beside L, Step L in place 1:30

## [7-12]BACK DRAG,3/4 TURN,1/2 TURN,TOGETHER

7-9                Step R back, drag L towards R(2 counts)  
10-12            Turn 3/4 left stepping L forward, turn 1/2 left stepping R back, step L together R 12:00

## [13-18] SWAY LEFT, CROSS, HOLD, 1/8 TURN

13-15            Step L to left side, sway to left (2 counts)  
16-18            Cross R over L, hold, turn 1/8 left stepping L forward, 10 : 30

## [19-24]ROCK, HOLD\*2, RECOVER, HOLE\*2

19-21            Step R forward, hold, hold  
22-24            Recover L, hold, hold

## [25-30]STEP & SWEEP, 1/8TURN & CROSS,1/2TURN, TOGETHER

25-27            Step R forward and sweep L from back to front (3 counts)  
28-30            Turn 1/8 right and cross L over R, Turn 1/2 right stepping R forward, step L in place 6:00

## [31-36]FORWARD, HOLD\*2, WALK

31-33            Step R forward, hold, hold  
34-36            Walk forward L , R , L

## [37-42] STEP & SWEEP,CROSS,1/4 TURN, TOGETHER

37-39            Step R forward and sweep L from back to front (3 counts)  
40-42            Cross L over R, turn 1/4 left stepping R back, step L in place 3:00

## [43-48] ROCK, HOLD\*2, RECOVER, HOLE\*2

43-45            Step R forward, hold, hold  
46-48            Recover L, hold, hold

※RESTART: You will Restart here on the 2nd ,3rd ,5th and tag 1. You will Restart here on the 6th and tag 2

## [49-54] FORWARD, SWEEP\*2, CROSS, SWEEP\*2

49-51            Step R forward, sweep L from back to front (2 counts)  
52-54            Cross L over R, sweep R from back to front (2 counts)

## [55-60]CROSS, 1/4 TURN, TOGETHER, BACK, HOLD\*2

55-57            Cross R over L, turn 1/4 right stepping L back, step R together L 6:00  
58-60            Step L back, hold, hold

## [61-66]FORWARD, SWEEP\*2, CROSS, SIDE, BEHIND

61-63            Step R forward, sweep L from back to front (2 counts)  
64-66            Cross L over R, step R to right side, step L behind R

## [67-72] SWAY RIGHT, SWAY LEFT

67-69 Step R to right side, sway to right (2 counts)  
70-72 Step L to left side, sway to left (2 counts)

**[73-78] 1/4 TURN, 1/2 TURN, 1/2 TURN, FORWARD, HOLD\*2**

73-75 Turn 1/4 right stepping R forward, turn 1/2 right stepping L back, turn 1/2 right stepping R forward 9:00  
76-78 Step L forward, hold, hold

**[79-84] BACK, HOLD\*2, BACK, BACK, TOGETHER**

79-81 Step R back, hold, hold  
82-84 Walk back L, R, step L beside R

**[85-90] BACK, BACK, TOGETHER, 1/4 TURN, ROCK BACK**

85-87 Walk back R, L, step R beside L  
88-90 Turn 1/4 left stepping L to left side, rock back R, recover to L 6:00

**[91-96] SWAY RIGHT, CROSS, FULL UNWIND**

91-93 Step R to right side, sway to right (2 counts)  
94-96 Cross L over R, unwind full turn to right (2 counts)

**Tag 1: FORWARD, SWEEP\*2, 1/2 TURN RIGHT, CROSS, HOLD**

1-3 Step R forward, Sweep L from back front (2 counts)  
4-6 Turn 1/2 right, Cross L over R, Hold

**Tag 2: FORWARD , POINT\*2 , FORWARD , POINT\*2 , STEP, 3/4 SPIRAL TURN L**

1-3 Step R forward, Point L to left side, Hold  
4-6 Step L forward, Point R to right side, Hold  
7-9 Step R forward, Spiral 3/4 turn L (2 counts weight on L)

**※RESTARTS: -**

**#1. On the 2nd ,3rd ,5th wall add Tag 1 then Restart.**

**#2. On the 6th wall add Tag 2 then Restart.**

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