

Please Yourselfs (P)

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 0 級數: Beginner Partner
編舞者: Andrew Palmer (UK) & Sheila Palmer (UK) - April 2015
音樂: Garden Party (feat. Don Henley & Timothy B. Schmit) - John Fogerty : (CD: The Blue Ridge Rangers Ride Again)



(Adapted From the line-dance "Please Yourself" by: Richard Palmer, Lorna Dennis & Dee Musk)

#16 count introduction. Start on vocals.

Start in side-by-side holding inside hands. Same footwork throughout

Forward Right. Touch. Back Left. Hook. Step-Lock-Step. Hold.

1-4 Step forward Right, Touch Left beside Right, Step back Left, Hook Right across Left.
5-8 Step forward Right, Lock Left behind Right heel, Step forward Right, Hold.

Forward Left. Touch. Back Right. Hook. Step-Lock-Step. Hold.

9-12 Step forward Left, Touch Right beside Left, Step back Right, Hook Left across Right.
13-16 Step forward Left, Lock Right behind Left heel, Step forward Left, Hold

Diagonal Right. Touch. Diagonal Left. Touch. Diagonal Right. Touch. Diagonal Left. Touch.

17-20 Step diagonally forward right, Touch left beside right, Step diagonally forward left, Touch Right beside Left.
21-24 Step diagonally forward right, Touch left beside right, Step diagonally forward left, Touch Right beside Left.

Shuffle Forward Right. Scuff Left. Shuffle Forward Left. Scuff Right.

25-28 Step forward Right, Slide Left beside Right, Step forward Right, Scuff Left.
29-32 Step forward Left, Slide Right beside Left, Step forward Left, Scuff Right.