

# Focus On Me

**COPPER** KNOB  
STEPSHEETS

拍數: 32      牆數: 4      級數: Improver  
編舞者: Adam Åstmar (SWE) - December 2015  
音樂: Focus - Ariana Grande



**Intro: 16 counts**

**Sec – 1: STEP BACK, HOOK, STEP, TOUCH BACK, 1/2 TURN HITCH, STEP, SHUFFLE, MAMBO STEP**

- 1 & 2      Step R back, hook L over R, step L forward
- 3 & 4      Touch R toe back, turn 1/2 to the right hitching R knee forward, step R forward (6:00)
- 5 & 6      Step L forward, step R next to L, step L forward
- 7 & 8      Rock R forward, recover to L, step R back

**Sec – 2: STEP BACK, TWIST, HITCH, CROSS, SIDE ROCK, CROSS, TOGETHER, SWIVEL HEELS & TOES**

- 1 - 2      Step L back, twist both heels to the right while turning your body 1/2 to the left (12:00)
- 3 & 4      Twist both feet back in place turning your body back 1/2 to the right, hitch L forward, cross L over R (6:00)
- 5 & 6      Rock R to the right, recover to L, cross R over L
- 7 & 8      Step L next to R, swivel both heels to the left, swivel both toes to the left

**Sec – 3: DIAGONALLY STEPS (EXPLAINED BELOW): X8: SIDE, TOUCH**

- 1 &      Step R diagonally forward to the right, touch L next to R
- 2 &      Step L diagonally forward to the left, touch R next to L
- 3 &      Step R diagonally forward to the right, step L next to R
- 4 &      Repeat steps from count: 1 &
- 5 &      Step L diagonally forward to the left, touch R next to L
- 6 &      Step R diagonally forward to the right, touch L next to R
- 7 &      Step L diagonally forward to the left, step R next to L
- 8 &      Repeat steps from count: 5 &

**Sec – 4: CHASSE 1/4 TURN, 1/2 TURN, HOP 1/4 TURN X2, KICK, BALL, POINT, BALL, POINT, FLICK, POINT**

- 1 & 2      Step R to the right, step L next to R, 1/4 turn step to the right (9:00)
- 3 & 4      Turn 1/2 to the right stepping L back, turn 1/4 to the right hopping with both feet, repeat last step (9:00)
- 5 & 6      Kick R forward, ball step R next to L, point L to the left
- & 7      Ball step L next to R, point R to the right
- & 8      Flick R behind L and touch with left hand, point R to the right

**- Restart -**

**Tag occurs after walls: 6 and 8**

**SIDE STEP X2, PUSH HANDS**

- 1 - 2      Step R to the right, step L to the left
- & 3      Bring up both hands close to your chest, push both hands forward
- & 4      Bring back hands to your chest, push forward again

**Ending After pointing R to the right, just turn 1/2 to the right stepping R slightly forward**

**Have fun!**

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