

She Used To Be Mine

COPPER KNOB
STEPPERS

拍數: 96 牆數: 2 級數: Advanced waltz
編舞者: Rachael McEnaney (USA) & Caroline Pillar (UK) - March 2017
音樂: She Used to Be Mine - Sara Bareilles : (Album: What's Inside - Songs from the Waitress - iTunes & other mp3 sites - 4:10)



Special thanks to Louis St George for suggesting this track

Count In: 12 counts from start of track, begin on vocals. Approx 65 bpm officially.
The way the dance is counted it would be 130 bpm.

Notes: Restart – 3rd wall after 12 counts Restart facing 6.00.

[1 – 12] L fwd, hold, R fwd, L fwd, ½ pivot R, L fwd into full spiral turn R, R twinkle

123 456 Step forward L (1), hold (2, 3), step forward R (4), step forward L (5), pivot ½ turn right (weight ends R) (6) 6.00

123 456 Step forward L as you begin a full spiral turn right (1,2,3), cross R over L (4), step L to left side (5), step R to right diagonal (6) 6.00

Restart On the 3rd wall (3rd wall begins facing 12.00) Restart the dance here (you will be facing 6.00 to Restart)

[13 – 24] L fwd, R point, hold, R back, L point, hold, Fallaway

123 456 Make 1/8 turn right stepping forward L (1), point R to right side (2), hold (3), step back R (4), point L to left side (5), hold (6) 7.30

123 456 Step L forward & across R (1), make 1/8 turn left stepping R to right (2), step back L (3), step back R (4), make 1/8 turn left stepping L to left (5), cross R over L (6) 4.30

[25 – 36] ¼ turn L as you drag R toe “shoes”, R ronde into passé, R behind, L side rock, L behind, R side rock

1 Make ¼ turn left stepping forward L as you begin to drag R toe (1), 1.30

2 3 Keeping weight L continue dragging R toe (R knee softly bent and turned inwards) in a half circle motion to end in front of L (2,3) 1.30

4 5 6 Lift R toe off floor and ronde out to right side (4), bend knee and begin to bring R foot in towards L knee (5), right foot continues to come in towards L knee (weight remains L) (6) 1.30

1 2 3 Step R back and slightly behind L (1), rock L to left side (2), recover weight R (3), 1.30

4 5 6 Step L back and slightly behind R (4), rock R to right side (5), recover weight L (6) 1.30

[37 – 48] R behind, L side, R cross, ½ turn L with R hitch, R cross, ¼ turn R, ½ turn R, fwd L-R, L close with R leg lift

1 2 3 Cross R behind L (1), step L to left side (2), cross R over L (3), 1.30

4 5 6 Make ¼ turn left stepping forward L as you hitch R knee (weight L) (4), continue a further ¼ turn left in this position (weight L) (5,6) 7.30

1 2 3 Cross R over L (1), make ¼ turn right stepping back L (2), make ½ turn right stepping forward R (3) 4.30

4 5 6 Step forward L (4), step forward R (5), step L next to R as you release R leg forward (like a kick) (6) 4.30

[49 – 60] R fwd, ½ turn L with L developpe, L fwd, ½ pivot R, 1/2 turn R back L with sweep, R behind, L side, R cross

1 2 3 Step forward R (1), lift L leg up behind you (like a flick) (2), make ½ turn left on ball of right as you bring L foot towards R knee (3)

Notes: This should feel like 1 fluid motion, don't try to break down each separate count. 10.30

4 5 6 Step forward L (4), begin ½ pivot turn right (keep weight L) (5), finish ½ pivot as you transfer weight to R (6) 4.30

1 2 3 Make ½ turn right stepping back L (1), sweep R from front to back (2,3) 10.30
4 5 6 Square up to 12.00 as you cross R behind L (4), step L to left side (5), cross R over L (6)
12.00

[61 – 72] L side with R drag, R side with L drag, L cross, ¼ turn L back R, back L, R coaster step

123 456 Take big to left side with L (1), drag R towards L (2,3), take big step to right side with R (4),
drag L towards R (5,6) 12.00

123 456 Cross L over R (1), make ¼ turn left stepping back R (2), step back L (3), step back R (4),
step L next to R (5), step forward R (6) 9.00

[73 – 84] L fwd, R point into full Monterey turn with sweep, L cross, R kick-hook, R twinkle.

123 456 Step forward L (1), point R to right (2), hold (3), make full turn right as you step R next to L
(4), finish turn sweeping L (5), hold (6) 9.00

123 Cross L over R (1), kick R to right diagonal (2), bring R foot in towards L knee (like a hook)
(3), 9.00

456 Cross R over L (4), rock L to left (5), recover weight R (6) 9.00

[85 – 96] L cross, ¼ L back R, ¼ L side R, R cross, ¼ R back L, ¼ R side R, L cross, R sweep, R cross, ¼ R back L, ½ R fwd

1 2 3 Cross L over R (1), make ¼ turn left stepping back R (2), make ¼ turn left stepping L to left
(3), 3.00

4 5 6 Cross R over (4), make ¼ turn right stepping back L (5), make ¼ turn right stepping R to right
(6) 9.00

123 456 Cross L over R (1), sweep R (2,3), cross R over L (4), make ¼ turn right stepping back L (5),
make ½ turn right stepping forward R (6) 6.00

Rachael: www.dancewithrachael.com dancewithrachael@gmail.com

Caroline: carolina.86@hotmail.co.uk
