

Show 'Em What You're Worth

COPPER KNOB
STEPSHEETS

拍數: 96 牆數: 4 級數: Phrased Intermediate
編舞者: Holly Easom (USA) - July 2017
音樂: What You're Worth (feat. Britt Nicole) - Mandisa : (Album: Out of the Dark)



Pattern: A B B Tag A B B with variation A B B B

You always do A to the front and back walls and you always do B to the side walls

Part A: 64 Counts

A1: Vine L with brush, vine R with kick

1-4 Step L to L side (1) cross R behind L (2) step L to L side (3) brush R forward (4)
5,6,7 Step R to R side (5) cross L behind R (6) step R to R side (7)
8& Kick L forward (8) step L next to R (&)

A2: Step, 1/2 pivot, step, 1/2 turn, 1/2 turn

1-4 Step R forward (1) hold (2) 1/2 pivot to L stepping L forward (3) (6 o'clock) hold (4)
5-8 Step R forward (5) 1/2 turn to R stepping L back (6) (12 o'clock) 1/2 turn R stepping R
 forward (7) (6 o'clock) touch L next to R

A3: Vine L with brush, vine R with kick

1-4 Step L to L side (1) cross R behind L (2) step L to L side (3) brush R forward (4)
5,6,7 Step R to R side (5) cross L behind R (6) step R to R side (7)
8& Kick L forward (8) step L next to R (&)

A4: Step, 1/2 pivot, step, 1/2 turn, 1/2 turn

1-4 Step R forward (1) hold (2) 1/2 pivot to L stepping L forward (3) (12 o'clock) hold (4)
5-8 Step R forward (5) 1/2 turn to R stepping L back (6) (6 o'clock) 1/2 turn R stepping R forward
 (7) (12 o'clock) touch L next to R

A5: Mambo forward, mambo back

1-4 Rock L forward (1) recover to R (2) step L next to R (3) hold (4)
5-8 Rock R back (5) recover to L (6) step R forward (7) hold (8)

A6: 1/4 pivot, weave, slide, rock, recover

1-2 Make a 1/4 turn L and step L to L side (1) (9 o'clock) cross R behind L (2)
3-4 Step L to L side (3) cross R over L (4)
5-6 Make a big step L with L (5) drag R to L (6)
7-8 Rock R behind L (7) recover to L (8)

A7: Step, hold, 1/2 pivot, hold, triple with brush

1-4 Step R forward (1) hold (2) 1/2 pivot to L stepping L forward (3) (3 o'clock) hold (4)
5-8 Step R forward (5) step L next to R (6) step R forward (7) brush L forward (8)

A8: Cross, back, side, cross, 1/4, 1/4, touch, kick

1-4 Cross L over R (1) step R back (2) step L back (3) cross R over L (4)
5-8& Make a 1/4 turn R stepping L back (5) (6 o'clock) 1/4 R stepping R to R side (6) (9 o'clock)
 touch L next to R (7) kick L forward (8) step L next to R (&)

Part B: 32 Counts

This will be done to both side walls. The references to the clock below are only for the first time you dance B.

You will be facing the opposite walls the second time you dance B

B1: Step, step, 1/4 turn with swivel, 1/4 turn hitch, walk, walk, walk

1-4 Step R forward (1) step L forward (2) make a 1/4 turn R while swiveling heels to L (3) (12 o'clock) swivel heels to R

5-8 Make a 1/4 R while hitching R up (5) (3 o'clock) step R forward (6) step L forward (7) step R forward (8)

B2: Step, hold, ball step, touch, 1/4 turn, 1/2 turn, 1/2 turn, brush

1-4 Step L to L side (1) hold (2) step R next to L (&) step L to L side (3) touch R next to L (4)

5-8 Make a 1/4 turn R stepping R forward (5) (6 o'clock) 1/2 turn R stepping L back (6) (12 o'clock) 1/2 turn R stepping R forward (7) (6 o'clock) brush L forward (8)

B3: Rock across, rock across, step, 1/2 pivot,

1-4 Rock L across R (1) recover to R (2) step L next to R (3) rock R across L (4)

5-8 Recover to L (5) step R next to L (6) step L forward (7) 1/2 pivot R stepping R forward (8) (12 o'clock)

B4: Locking triple, touch, 1/4 turn monterey with kick

1-4 Step L forward (1) lock R behind L (2) step L forward (3) touch R next to L (4)

5-8& Touch R to R side (5) keeping weight on L, make a 1/4 turn R and step R next to L (6) (3 o'clock) touch L to L side (7) kick L forward (8) step L next to R (&)

Part B with Variation: Will be done on wall 7 facing 3 o'clock

Dance B normal until the last count of 8. You will not do the monterey turn here. Instead you will just do the touches so you can end facing the back wall (12 o'clock) and start A again. The last 8 counts of part B are listed below:

Locking triple, touch, side touch, side touch

1-4 Step L forward (1) lock R behind L (2) step L forward (3) touch R next to L (4)

5-8& Touch R to R side (5) step R next to L (6) touch L to L side (7) touch L next to R (8)

Now you are ready to start A

Tag: 8 Counts - Will be done after wall 3 facing 9 o'clock

Step, hold, cross, hold, 1/4 turn, cross, touch

1-4 Step R forward (1) hold (2) cross L over R (3) hold (4)

5-8 Step R back (5) 1/4 L stepping L to L side (6) (6 o'clock) cross R over L (7) touch L next to R (8)

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