

Take Myself Dancing

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 2 級數: Easy Intermediate
編舞者: Alison Metelnick (UK) & Jo Kinser (UK) - January 2023
音樂: Flowers - Miley Cyrus



Start on the word 'good' when she sings 'we were good' approx. 8.5secs – 3mins 20secs – 118bpm
Available Amazon

[1-8] R side, hold, L together, R side, hold, L together, R side, L cross rock/recover, ¼ L, L fwd

1-2& Step R side, hold, step L together

3-4& Step R side, hold, step L together

5-8 Step R side, cross rock L over R, recover weight on R, turning ¼ left step L forward (9 o'clock)

RESTART: During wall 6: dance first 7 counts, on count 8 step L to left side and restart facing front wall

[9-16] ½ L, R back, hold, L back, touch R tog, hold, R back, touch L tog, hold, L back, walk fwd R/L

1-2 Turning ½ left step R back, hold (3 o'clock)

&3-4 Step L back, touch R together, hold

&5-6 Step R back, touch L together, hold

(Optional arm movements for counts &3-4 &5-6 above: as you step back L, touch R together push right arm forward at chest level, palm downwards and as you step back R, touch L together push left arm forward at chest level, palm downwards)

&7-8 Step L slightly back, step R forward, step L forward

[17-24] Prissy walk fwd R/L, R side rock/recover/cross, L side rock/recover/cross, R fwd, ¼ L pivot turn

1-2 Prissy R forward, prissy L forward

&3-4 Rock R side, recover weight on L, cross R over L

&5-6 Rock L side, recover weight on R, cross L over R

7-8 Step R forward, pivot ¼ left (12 o'clock)

RESTART: During Wall 3: dance first 24 counts and restart facing the front wall

[25-32] R syncopated jazz box, R fwd, L fwd, R fwd, ½ L pivot turn, R fwd

1-2 Cross step R over L, step L back

&3-4 Step R side, step L forward, step R forward

5-8 Step L forward, step R forward, pivot ½ left, step R forward (6 o'clock)

[33-40] Syncopated V step, R/L hip bumps, R fwd, ¼ pivot L

&1-2 Step L forward and out, step R apart, hold (weight on L)

&3-4 Step R back, step L side, hold (with feet slightly apart)

5-6 Bump hips right, bump hips left (weight on L)

7-8 Step R forward, pivot ¼ left (3 o'clock)

[41-48] R cross over, hold, L side, R cross behind, hold, L side, R cross over, bounce heels 3 times turning ¾ L

1-2& Cross step R over L, hold, step L side

3-4& Cross step R behind L, hold, step L side

5-8 Cross step R over L, bounce around ¾ left (3 counts) (Weight ends on left) (6 o'clock)

At end of dance instead of completing a ¾ left turn do a 1¼ turn to end up facing front wall.

Have fun!

