

Before You Leave Me

COPPER KNOB
STEPSHEETS

拍數: 112 牆數: 0 級數: Phrased Advanced
編舞者: Lisa Wetzler (USA) - April 2024
音樂: Before You Leave Me - Alex Warren



Dance begins after 16 count intro when lyrics begin. Start weighted on Right foot

Sequence: A, B, C, A, B, C, tag 1, tag 2, B, C.

Part A: 48c

(1-8) L step forward with R drag, out-out, RL step forward, ½ turn pivot right, full ribbon turn.

- 1,2 Step L forward while dragging R foot next to L.
- &3,4 Step R to right side, step L to left side, step R forward.
- 5,6 Step L forward, ½ turn pivot right (6:00).
- 7-8. Step forward L and make full turn right with R ankle connecting to L ankle as knee angles out (6:00).

(9-16) R Step forward, L to left side with ¼ turn right, R sailor, LR touch step, ¼ turn left step back R with L drag, hold.

- 1,2 Step R forward, step L to left side while making ¼ turn right (9:00)
- 3&4 Step R behind L, step L to left side, step R to right side
- 5&6 Touch L next to R, Step L to left side, touch R next to L.
- 7,8 Step back on R while making ¼ turn left (6:00), drag L heel back.

(17-24) L Behind-side-cross, R slide right with 1/8 left as L drags, Step L next to R, step forward R, tap L, step forward L, tap R.

- 1&2 Step L behind R, step R to right side, Step L across R.
- 3,4 Take a bid step R to right side while dragging L in and making 1/8 turn left (4:30), collect and take weight on L while popping R knee.
- 5,6,7,8 Step forward (4:30) on R, touch L toe behind R, Step forward on L, touch R toe behind L.

(25-32) R forward rock, recover, R forward shuffle with 3/8 turn right, ½ turn L step back with R sweep, R coaster step, L Step forward.

- 1,2 Step R forward, recover back on L.
- 3&4 Shuffle forward RLR making 3/8 turn R toward 9:00.
- 5 Step back on L while making 1/2 turn right with R sweep front to back (3:00)
- 6&7 Step back on R, step L next to R, step forward on R.
- 8 Step forward on L.

(33-40) R press forward, R knee 3/8 turning hitch, R press forward, R knee hitch with 1/8 turn right, R step back, drag L, L back rock, recover.

- 1,2 Press R forward, recover back on L while turning and hitching R knee up toward (7:30).
- 3,4 Press R forward (7:30), recover back on L while turning and hitching R knee up toward (9:00).
- 5,6 Step back on R, drag L back
- 7,8 Rock back on L, recover forward on R.

(40-48) L step forward with R forward sweep, syncopated R cross over L, L side rock, recover with ¼ turn right, step back on L with ½ turn right and drag R toe, hold, R step back.

- 1,2 Step forward on L while sweeping R from back to front.
- &3,4 Cross R over L, step L to left side, recover on R with ¼ turn right (12:00)
- 5-7 Take big step back on L while making ½ turn right (6:00), drag R over 2 counts.
- 8 Step back on R.

Part B: 32c

(1-8) L step forward with ½ turn left, R scuff, R step forward, L scuff, L forward rock, recover, triple full turn.

- 1,2 Step forward L while making ½ turn left (12:00), Scuff R around and forward.
- 3,4 Step forward on R, scuff L around and forward.
- 5,6 Step L forward, recover back on R.
- 7&8 Step LRL counter-clockwise making full turn (12:00).

(9-16) R press forward, L foot steps back while hovering R back to front, step back on R with ¼ turn right, touch L next to R, L step forward with ¼ turn left, bring R knee next to L knee, R coaster step, L touch.

- 1,2 Press R forward with bent knees, recover back on L while R hitches front to back
- 3,4 Step R to right side while making ¼ turn right (3:00). Touch L next to R with knees bent.
- 5,6 Step L forward while making ¼ turn left and straightened legs (12:00), touch R next to L with knees bent.
- 7&8& Step back on R, step L next to R, step forward R, touch L next to R.

(17-24) L step forward, ½ turn pivot right, LRL shuffle forward, R step forward, ½ turn pivot left, full turn.

- 1,2 Step L forward, ½ turn pivot right (6:00).
- 3&4 Shuffle forward LRL.
- 5,6 Step forward R, ½ turn pivot left (12:00).
- 7,8 Step R back while making ½ turn left (6:00), step L forward while making ½ turn left (12:00).

(25-32) R press forward, L foot steps back while hovering R back to front, step back on R with ¼ turn right, tap L next to R, L step forward with ¼ turn left, bring R knee next to L knee, R coaster step, L touch.

- 1,2 Press R forward with bent knees, recover back on L while R hitches front to back
- 3,4 Step R to right side while making ¼ turn right (3:00). Touch L next to R with knees bent.
- 5,6 Step L forward while making ¼ turn left and straightened legs (12:00), touch R next to L with knees bent.
- 7&8& Step back on R, step L next to R, step forward R, touch L next to R.

Part C (note: first 16 counts are repeated) 32c

(1-8) L slide to left side with ¼ turn right, hold, R ball-cross, R step forward ¼ turn right, L step forward with ¾ right with R leg straight, RLR ¼ right shuffle.

- 1,2 Slide L to left side while making ¼ turn right (3:00), hold
- &3 Step R behind L, cross L over R.
- 4 Step forward R while making ¼ turn right (6:00).
- 5,6 Step forward L while making ¾ turn on L with R leg straight (3:00).
- 7&8 Shuffle RLR with ¼ turn right (6:00)

(9-16) Step L forward, ¼ turn pivot right, Cross L over R, hold, ¾ hinge left, ¼ R cross-L side rock-recover, L tap

- 1,2 Step L forward, ¼ pivot right (9:00).
- 3,4 Cross L over R, hold.
- 5,6 Step back on R making ¼ turn L (6:00), step L to left side making ½ turn left (12:00).
- 7&8& Cross R over L, L side rock, recover, tap L next to R.

(*repeat. Counts 17-32 are same as counts 1-16).

(17-24) L slide to left side with ¼ turn right, hold, R ball-cross, R step forward ¼ turn right, L step forward with ¾ right with R leg straight, RLR ¼ right shuffle.

- 1,2 Slide L to left side while making ¼ turn right (3:00), hold
- &3 Step R behind L, cross L over R.
- 4 Step forward R while making ¼ turn right (6:00).
- 5,6 Step forward L while making ¾ turn on L with R leg straight (3:00).
- 7&8 Shuffle RLR with ¼ turn right (6:00)

(25-32) Step L forward, ¼ turn pivot right, Cross L over R, hold, R step back ¼ turn left, L step forward ½ turn

left, R cross-L side rock-recover, L tap.

- 1,2 Step L forward, ¼ pivot right (9:00).
- 3,4 Cross L over R, hold.
- 5,6 Step back on R making ¼ turn L (6:00), step L to left side making ½ turn left (12:00).
- 7&8& Cross R over L, L side rock, recover, tap L next to R.

Tag 1

(1-8) L forward rock, recover, L back pony x2, R ½ Monterey turn, L point to left side, hold, cross L behind R, R step to right side.

- 1,2 Rock L forward, recover back on R.
- 3&4 Step back on L while hitching R knee up, Step R next to L, Step back on L while hitching R knee up.
- 5,6 Point R to right side, bring R next to L while making ½ turn right (6:00)
- 7,8& Point L to left side, hold, step L behind R, step R to right side.

(9-16) L cross, ½ turn unwind with R sweep, R coaster, L forward step, RLR shuffle forward.

- 1,2 Step L forward while making ¼ turn right (9:00), pivot ½ turn right (3:00).
- 3 Sweep R leg front to back.
- 4&5 Step R back, step L next to R, step R forward.
- 6 Step L forward.
- 7&8 Shuffle forward RLR.

(17-24) L forward rock, recover, L back pony x2, R ½ Monterey turn, L point to left side, hold, cross L behind R, R step to right side.

- 1,2 Rock L forward, recover back on R.
- 3&4 Step back on L while hitching R knee up, Step R next to L, Step back on L while hitching R knee up.
- 5,6 Point R to right side, bring R next to L while making ½ turn right (9:00)
- 7,8& Point L to left side, hold, step L behind R, step R to right side.

(24-32) L cross, ½ turn unwind as R sweeps back, R coaster, L forward step, RLR shuffle forward.

- 1,2 Step L forward while making 1/8 turn right, pivot 1/8 turn right (12:00)
- 3 Sweep R leg front to back.
- 4&5 Step R back, step L next to R, step R forward.
- 6 Step L forward.
- 7&8 Shuffle forward RLR.

Tag 2

(1-8) L ½ chase, RL walk, R ½ chase, full turn.

- 1&2 Step L forward, ½ turn pivot right (6:00), step forward L.
 - 3,4 Walk forward R, L.
 - 5&6 Step R forward, ½ turn pivot left (12:00), step forward R.
 - 7,8 Step back on L making ½ turn right, step forward on R making ½ turn right (12:00).
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