

Lying to Myself

COPPERKNOB
BY STEPHENETS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Brenda Shatto (USA) & Barbara Tobin (USA) - September 2024
音樂: Lying To Myself - Kate Hudson



Restart: Wall 5 after 16 counts (facing 3:00)

Intro: 32 counts, start with weight on L

(1-8) Side, together, forward lock, 1/2 right pivot, 1/4 right turning chasse

1,2 Step R to right, close L
3&4 Step R forward, lock L behind, step R forward
5,6 Step L forward, pivot 1/2 right [6:00]
7&8 Continue turning 1/4 right stepping L to left, close R, step L to left [9:00]

(9-16) Cross behind, side, crossing shuffle, side rock, 1/2 left sailor

1,2 Cross R behind L, step L to left
3&4 Cross R over L, step L to left, cross R over L
5,6 Rock L to left, recover R
7&8 Sweep L behind R while turning 1/2 left, close R, step L forward [3:00]

***restart Wall 5 facing [3:00]**

(17-24) 1/2 left turn with slow sweep, back rock, recover, spiral, walk, walk

1,2 Turn 1/2 left stepping R back sweeping L from front to back, continue sweep [9:00]
3,4 Rock L back, recover R
5,6 Step L forward, full right turn spiral on L
7,8 Step R forward, step L forward

(25-32) 1/4 left pivot, 1/4 left pivot, cross and close, kick ball cross

1,2 Step R forward, pivot 1/4 left [6:00]
3,4 Step R forward, pivot 1/4 left [3:00]
5,6 Cross R over L, step L next to R (angling to right diagonal)
7&8 Kick R to right diagonal, step R next to L, cross L over R

Square up to [3:00] when starting the dance again on count 1.

Ending: The dance ends facing [6:00]. Unwind 1/2 turn right to face [12:00].

Contact the choreographers with your questions:

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