

Take Care of Yourself (照顾好自己)

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: High Beginner
編舞者: Adeline Cheng (MY) - June 2025
音樂: Zhao Gu Hao Zi Ji (照顾好自己) - Ma Jian Tao (马健涛)



Intro : 16 counts in (Approx 0.13 sec)

#1 [1-9] R-L Forward Walk, R Forward Shuffle, L Forward Rock & Recover, L back Shuffle

1-2 Weight on LF: Walk forward on RF (1), walk forward on LF (2) 12.00
3&4 Step RF forward (3), step LF next to RF (&), step RF forward (4) 12.00
5-6 Rock LF forward (5), recover weight on RF (6) 12.00
7&8 Step LF back (7), step RF next to LF (&), step LF back (8) 12.00

#2 [10-17] R Side Rock & Recover, R Behind Side Cross, L Side Rock & Recover, L Behind Side Cross

1-2 Rock RF to R side (1), recover weight on LF (2) 12.00
3&4 Cross RF behind LF (3), step LF to L side (&), cross RF over LF (4) 12.00
5-6 Rock LF to L side (5), recover weight on RF (6) 12.00
7&8 Cross LF behind RF (7), step RF to R side (&), cross LF over RF (8) 12.00

#3 [18-24] R Pivot ¼ (L), R Cross Shuffle, Hinge ½ (R), L Forward Shuffle

1-2 Step RF forward (1), turn ¼ L over L shoulder (2) 9.00
3&4 Cross RF over LF (3), step LF to L side (&), cross RF over LF (4) 9.00
5-6 Turn ¼ R stepping LF back (5), turn another ¼ R stepping RF to R side (6) 3.00
7&8 Step LF forward (7), step RF next to LF (&), step LF forward (8) 3.00

#4 [25-32] R Side, L Together, R Forward Shuffle, L Forward Rock & Recover, ½(L) with L Forward Shuffle

1-2 Step RF to R side (1), close LF next to RF (2) 3.00
3&4 Step RF forward (3), step LF next to RF (&), step RF forward (4) 3.00
5-6 Rock LF forward (5), recover weight on RF (6) 3.00
7&8 Turn ½ L stepping LF forward (7), step RF next to LF (&), step LF forward (8) 9.00

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