

This Is Me

COPPER KNOB
STEPPERS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Daniel Exton (UK) - April 2014
音樂: Grade 9 - Barenaked Ladies



S1 Touch, Touch, Touch, Switch, Touch, Touch, Shuffle

- 1, 2 Touch Right foot to Right Side, Touch Right foot Forward
- 3 & 4 Touch Right foot to Right side, Return Right foot, Touch Left foot to Left side
- 5, 6 Touch Left foot behind, Touch Left foot to left side
- 7 & 8 Left foot forward, Right foot behind left, Left foot forward

S2 Rock, Recover, Shuffle 1/2 Turn, Step, 1/2 Turn, Kick Ball Change

- 1, 2 Rock Forward on Right foot, Recover onto Left foot
- 3 & 4 Right foot forward with 1/4 turn Right, Left foot next to Right Foot, Right foot forward with 1/4 turn right
- 5, 6 Left foot forward, 1/2 turn Right
- 7 & 8 Kick left foot forward, place Left foot down, step Right foot in place

S3 Right Grapevine, Left Grapevine with 1/4 turn Left

- 1, 2 Right foot to Right side, Left foot behind Right
- 3, 4 Right foot to Right side, Left foot touch next to Right foot
- 5, 6 Left foot to Left side, Right foot behind Left
- 7, 8 Left foot to Left side with 1/4 turn left, Right foot touch next to Left foot

S4 Forward, Together, Back, Together, Forward, Cross, Unwind Full Turn

- 1, 2 Right foot forward, Left foot next to Right
- 3, 4 Left foot back, Right foot next to Left
- 5, 6 Left foot forward, Right foot cross over Left
- 7, 8 Unwind full turn left

* Restarts

Wall 7 after 24 counts

Wall 13 after 16 counts