

Vær Dig Selv

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Count: 64

Wall: 4

Level: Intermediate

Choreographer: Kim Liebsch (Denmark) August 2019

Music: Volume by Barbara Moleko

Intro: 32 counts after 1st beat (appr. 17 seconds) Start with weight on R foot

Restart: On wall 2 after 32 counts (3:00)

#1 section: 2 X walk, shuffle fw. rock recover, sailor ½ turn

- 1-2 Walk fw. on L, walk fw. on R 12:00
- 3&4 Step fw. on L, step R next to L, step fw. on L 12:00
- 5-6 Rock fw. on R, recover on L 12:00
- 7&8 Sweep/cross R behind L, making ½ turn R stepping L to L side, step fw. on R 6:00

#2 section: ½ turn, ¼ turn with point, behind side cross, side rock, behind ¼ step

- 1-2 Make ½ turn L stepping fw. on L, make ¼ turn L while pointing R to R side 9:00
- 3&4 Cross R behind L, step L to L side, cross R over L 9:00
- 5-6 Rock L to L side, recover on R 9:00
- 7&8 Cross L behind R, make ¼ turn R stepping fw. on R, step fw. on L 12:00

#3 section: 2 X walk, anchor step back sweep X 2, coaster step

- 1-2 Walk fw. on R, walk fw. on L 12:00
- 3&4 Step R behind L, slightly lock L over R, step R back 12:00
- 5-6 Sweep L back, sweep R back 12:00
- 7&8 Step back on L, step R next to L, step fw. on L 12:00

#4 section: Step ½ turn with flick, shuffle fw. fw .toestrutt ¼ turn, back toestrutt ¼ turn

- 1-2 Step fw. on R, make ½ turn L stepping fw. on L while flicking R 6:00
- 3&4 Step fw. on R, step L next to R, step fw. on R 6:00
- 5-6 Step L toe fw. make ¼ turn R while dropping L heel to floor 9:00

7-8 Step R toe back, make $\frac{1}{4}$ turn R while dropping R toe to floor 12:00

#5 section: Cross rock, coaster step, cross rock, coaster $\frac{1}{4}$ turn

1-2 Cross L over R, recover on R 12:00

3&4 Step back on L, step R next to L, step fw. on L 12:00

5-6 Cross R over L, recover on L 12:00

7&8 Make $\frac{1}{4}$ turn L stepping back on R, step L next to R, step fw. on R 9:00

#6 section: Rock recover, sailor $\frac{1}{2}$ turn, walk round $\frac{2}{3}$ circle

1-2 Rock fw. on L, recover on R 9:00

3&4 Sweep/cross L behind R, making $\frac{1}{2}$ turn L stepping R to R side, step fw. on L 3:00

5-6-7-8 Walk $\frac{2}{3}$ circle L, R-L-R-L 6:00

#7 section: Mambo fw, mambo back, side rock cross, side rock step fw.

1&2 Rock fw. on R, recover on L, step R next to L 6:00

3&4 Rock back on L, recover on R, step L next to R 6:00

5&6 Rock R to R side, recover on L, cross R over L 6:00

7&8 Rock L to L side, recover on R, step fw. on L 6:00

#8 section: Rock recover, shuffle $\frac{1}{2}$ turn back, samba step, samba $\frac{1}{4}$ turn

1-2 Rock fw. on R, recover on L 6:00

3&4 Make $\frac{1}{4}$ turn R stepping R to R side, step L beside R, make $\frac{1}{4}$ turn R stepping fw. on R 12:00

5&6 Cross L over R, rock R to R side, recover on L 12:00

7&8 Cross R over L, make $\frac{1}{4}$ turn R stepping back on L, step R to R side 3:00

GOOD LUCK & N'JOY!

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