

VÆR DIG SELV

Choreographer: Kim Liebsch (Denmark)



Type of dance: 64 counts, 4 walls line dance (August 2019)

Level: Intermediate

Music: Volume by Barbara Moleko

Intro: 32 counts after 1'st beat (appr. 17 seconds)

Start with weight on R foot

1 restart: On wall 2 after 32 counts (3:00)

(Contact: kimliebsch on Instagram or liebsch@ymail.com)

Counts	Footwork	End facing
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 ¼ turn R while dropping R toe to floor	12:00
5 section	Cross rock, coaster step, cross rock, coaster ¼ 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 ¼ turn L stepping back on R, step L next to R, step fw. on R	9:00
6 section	Rock recover, sailor ½ turn, walk round 2/3 circle	
1-2	Rock fw. on L, recover on R	9:00
3&4	Sweep/cross L behind R, making ½ turn L stepping R to R side, step fw. on L	3:00
5-6-7-8	Walk 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 ½ turn back, samba step, samba ¼ turn	
1-2	Rock fw. on R, recover on L	6:00
3&4	Make ¼ turn R stepping R to R side, step L beside R, make ¼ 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 ¼ turn R stepping back on L, step R to R side	3:00

GOOD LUCK & N'JOY!

