Dance Me



Count: 56 Wand: 0 Ebene: Advanced

Choreograf/in: Carrie Russell (USA) - May 2017

Musik: Dance Me If You Can - The Cheetah Girls



Rocking Horse, Clap (2x), Rocking Horse Clap (2x)

&3&4 Recover on L, step forward on R, replacing weight, Clap, Clap

5 & 6 Rock forward on L, recover R, rock back on L

&7&8 Recover weight on R, step forward on L, placing weight, clap, clap

Walk, walk, mambo forward, mambo back, step ½ turn

1 – 2	Walk forward on R, L
3 & 4	Mambo forward on F
5 & 6	Mambo back on L

7 – 8 Step Forward on R, make a ½ turn, placing weight on L

Mambo forward, mambo back, walk, walk, Rock 1/4 turn cross

1 & 2	Mambo forward on R
3 & 4	Mambo back on L
5 – 6	Walk forward on R, L,

7 & 8 Step R forward making a ¼ turn to L, place weight on L, cross R over L

Step Sailor Step, Behind and Cross, 1/2 Turn Side Shuffle

1	Step L to L side
2 & 3	Side Right Sailor Step
4 & 5	Cross L behind R, step R to R side cross L over R
6	Unwind ½ turn, weight on L
7 & 8	Side Shuffle R, L, R weight on R

Kick & Touch, Kick & Touch, Walk , Walk Step ½ Turn

1 & 2	Kick L forward, step L, beside R, touch R to R side
3 & 4	Kick R forward, step R beside L, touch L to L side
5 – 6	Walk forward on L R
7 – 8	Step forward on L make a ½ turn to R weight on R

[1 - 8]: Repeat Previous 8 Counts

Out Behind cross 1/2 turn side shuffle, walk, walk

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1	Step L to L side	
2 & 3	Cross R behind L step L to L side, cross R over L	
4	½ turn to L weight on R	
5 & 6	Side Shuffle on L R L	
7 – 8	Walk forward on R L	

End of Dance!