Count: 80
Wand: 4
Ebene: Improver
Choreograf/in: Kenny J - June 2007
Musik: Luv Me, Luv Me - Shaggy \& Janet Jackson


## INTRO: 16 COUNT

NOTE: Please note that R\&B Line Dancing is for all types of folks, especially the non-professional dancer. Therefore the dance steps used are not defined as your typical or professional termed dance steps. Keep looking out for the I AM KENNY J Beginners Line Dance video, soon to be distributed, which will define the steps used in R\&B Line Dancing, in the Philadelphia area.

## 4AM STEP (1 \& 2 \& 3 1-2-3 1 \& 2 \& 3 TAP TAP or RLLRRLLLRRLLR )

## Start with body facing front (12 o?clock position)

1\& Step forward with the right-1 o?clock position, follow with the left
2\& Step back with the left-7 o?clock position, follow with the right
3 Step back with the right-6 o?clock position
1-2-3 Step left foot in ? out ?in (6-12 ? 6 pos)
Body is now facing 3 o?clock position
1\& Step left foot forward 12 o?clock, follow with the right
$2 \& \quad$ Step pass the left with the right to the 12 o?clock position, follow with the left
Body is now facing 9 o?clock position
3 Step the left foot forward 6 o?clock position
1-2 Tap the right foot twice
Body is now facing 6 o?clock position
Repeat sequence starting in the 6 o?clock position
Start with body facing rear (6 o?clock position)
1\& Step forward with the right-7 o?clock position, follow with the left
2\& Step back with the left-1 o?clock position, follow with the right
3 Step back with the right-12 o?clock position
1-2-3 Step left foot in? out ?in (12-6 ? 12 pos)
Body is now facing 9 o?clock position
1\& Step left foot forward 6 o?clock, follow with the right
2\& Step pass with left the right to the 6 o?clock position, follow with the left
Body is now facing 3 o?clock position
3 Step the left foot forward 12 o?clock position
1-2 Tap the right foot twice
Body is now facing 12 o?clock position
SHOULDER SHRUG
Body is now facing 12 o?clock position
1?2?3 Bounce shoulders down for 3 beats
1?2?3 Bounce shoulders up for 3 beats

CABBAGE PATCH (right then left)
Body is now facing 12 o?clock position
$R$ - 1-2-3 shrug $R$ shoulder down, then $L$ shoulder, follow with $R, L, R$
L-R 1-2-3 shrug $L$ shoulder down, then $R$ shoulder, follow with $L, R, L$

## Body is now facing 12 o?clock position

1: 2-3 Step the right, follow with the left behind the right and then step the right
1:2-3 Step the left, follow with the right behind the left and then step the left
12 Execute quarter turn left, stepping the right then the left

## BUS STOP /JAZZY LADY

Body is now facing 9 o?clock position
1-2 Walk forward starting with the right, then the left
1-2-3 in place step R-L-R
1-2 Walk backwards starting with the left, then the right
1-2-3 pop the knees for 3 beats, $L$ knee, $R$ knee, $L$ knee
STEP TURN / STEP PIVOT
Body is now facing 9 o?clock position
1-2 Step the right foot and pivot left $1 / 4$ turn
1-2 Step the right foot and pivot left $1 / 4$ turn

## RIGHT LEFT AND KICK

Body is now facing 3 o?clock position
1-2-3 Step the right, follow with the left and then a quick lift with the left R-L-L
1-2-3 Run Back starting with the left foot for 3 beats, L-R-L
CAMEL WALK
Body is now facing 3 o?clock position
1-2: 1-2-3 While popping the knees forward move forward with $L$ knee, $R$ Knee $L-R L$
1-2: 1-2-3 Then R knee, L Knee R- L-R

## STEP TURN / STEP PIVOT

Body is now facing 3 o?clock position
1-2 Step the right foot and pivot left $1 / 4$ turn
1-2 Step the right foot and pivot left $1 / 4$ turn
1-2 Step the right foot and pivot left $1 / 4$ turn
1-2 Step the right foot and pivot left $1 / 4$ turn

MR LUVER
Body is now facing 3 o?clock position
1234 Mr Luver to the right: Step your right foot to your right, follow with the left, repeat
1234 Mr Luver To the Left: Step your Left foot to your left, follow with your right, repeat
1234 Mr Luver to the rear: Walk Backward starting with the right foot
TOE DROP
Body is now facing 3 o?clock position
123 With the right heel raised, tap on the balls of right foot twice and then lower the heel for count 3
123 With the left heel raised, tap on the balls of left foot twice and then lower the heel for count 3
Repeat dance from the beginning now starting in the 3 o?clock position
Repeat dance from the beginning now starting in the 6 o?clock position
Repeat dance from the beginning now starting in the 9 o?clock position

