

Dance Me

Compte: 56

Mur: 0

Niveau: Advanced

Chorégraphe: Carrie Russell (USA) & Ronnie Russell (USA) - March 2024

Musique: Dance Me If You Can - The Cheetah Girls



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

- 1 & 2 Rock forward on R, recover L, rock back on R
- &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 R
- 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 ¼ 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, ½ 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 ½ turn side shuffle, walk, walk

- 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!