

Me Too

COPPER KNOB
BY STEPHEN

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Laura Sway (UK) - July 2016
音乐: Me Too - Meghan Trainor : (Album: Thank You, Deluxe)



Count in: 32 counts from when the beat kicks in.

Sec 1- Step out out, R coaster step, step L FWD, twist body ½ R, twist back ½ L sweeping R from back to front. Step R over L (12.00)

- 12 3&4 Step right to right side(1), step left to left side(2). Step back on the right(3), step left to right(&), step forward on the right(4).
5678 Step forward on the left (5), twist body ½ turn right(6), twist back ½ turn left sweeping right foot from back to front(7), step right across left(8).

Sec 2- L to L side, behind & cross, press L to L side pushing L shoulder up & R shoulder down, recover onto R, sailor ¼ L with rock, Sit back on the R foot bending R knee, touching L ball in front, look over right shoulder (9.00)

- 1 2&3 4 Step left to left side(1), step right behind left(2), step left slightly to left side(&), cross right over left(3), press left ball to left side pushing left shoulder up right shoulder down(4)
56&7 8 recover wait on to right straightening shoulders up(5), making a ¼ turn left, step left behind right(6), step right slightly to right side(&), rock forward on the left(7). Recover weight back on the right sitting into your right hip, pop left leg in front & look over your right shoulder (8)

Sec 3- step L, step R pivot half turn, weight on L, R shuffle FWD, L shuffle back making ½ R, touch R to L.

- 123 4&5 Step forward on the left(1), step forward on the right (2), pivot ½ turn over left shoulder transferring weight onto left (3), step right forward(4) step left to right(&), step forward on the right(5)
6&7 8 making ½ turn over right shoulder step back on the left(6), step right to left(&), step back on the left(7), touch right beside left (8)

Sec 4- R cross samba , kick L & touch, walk around ¾ stepping R,L,R,L. (6.00)

- 1&2 3&4 Cross right over left(1), step left slightly to left side(&), step right in place (2), kick left foot forward(3) step left beside right (&) touch right beside left(4).
5678 Walk around ¾ turn over right shoulder stepping right, left, right, left.

Sec 5- R side rock, recover, behind & cross, L side rock, recover, behind & cross.

- 12 3&4 Rock right to right side (1), recover weight on left(2), step right behind left(3) step left to left side(&) cross right over left(4)
56 7&8 Rock left to left side (5), recover weight on right (6), step left behind right (7), step right to right side(&) cross left over right (8)

(Restart here on wall 2)

Sec 6- Point R forward, point R side, R sailor step to R diagonal. Walk to R diagonal L, R. Step FWD on the L bumping hips fwd, back fwd. (weight on L)

- 12 3&4 Point right toe forward (1), point right toe to right side (2), step right behind left (3), step left in place(&), step right to right diagonal (4)
56 7&8 Walk to right diagonal on the left (5), walk forward on the right(6), step forward onto left pushing hips over the left(7), hips right(&), hips left(8).

Sec 7- ½ turn R stepping FWD on the R bumping hips fwd, back fwd (weight on R), walk L, R. Rock L side, recover, cross. Rock R side, recover to straighten up to 12.00, cross R.

- 1&2 34 Making a ½ turn over right shoulder still on diagonal with right foot in front bump hips over the right(1), left(&), right (weight on right)(2), walk left(3), walk right(4).

5&6 7&8 Rock left out to left side(5) recover weight onto right (&) cross left over right(6)rock right out to right side(7) recover weight onto left straightening up to 12.00 (&) cross right over left(8).

Sec 8- Hinge ½ turn R stepping L, R. Cross & heel, & cross, click right hand up, & cross & touch.

12 3&4 Making ½ turn over right shoulder step ¼ back on left(1)make another ¼ stepping right to right side(2) cross left over right(3) step right slightly to right side(&) touch left heel to left diagonal(4)

&56 &7&8 quickly step left slightly to left side(&)cross right over left(5)take right hand up and click (6) quickly step left to left side(&) cross right over left(7) quickly step on left (&) touch right beside left(8)

RESTART- there is one restart on wall two after 40 counts.

ENDING- the dance finishes as you do your x4 walks round ¾ turn in section 4. Your be facing 12.00. on the last step push right hand forward and fingers showing 'two' palm facing front like peace. (not other way please haha)

ENJOY!!!!!!!!!!!!!!
