

This Is Me (In Nashville)

COPPER KNOB
BY SHEETS

拍数: 32 墙数: 4 级数: Improver
编舞者: Karen Kennedy (SCO) - January 2017
音乐: This Is Me - Derek Ryan : (Album: This Is Me, Nashville Songbook or Single)



Music Download:- iTunes & Amazon, plus other music stores.

Intro:- 16 counts just before vocals kick in

RIGHT CHASSE, ROCK BACK, RECOVER, ¼ LEFT TRAVELLING SHUFFLE BACK, ½ TURNING SHUFFLE

1&2 Step right to right side, close left beside right, step right to right side
3 -4 Rock back on left, recover on right
5&6 ¼ turn right stepping back on left, close right beside left, step left back (3.00)
7&8 Over right shoulder ½ turning shuffle – stepping forward on right, left, right (9.00)

ROCK FWD, RECOVER, ¼ LEFT CHASSE, RIGHT SAILOR, LEFT SAILOR WITH ¼ TURN

1 -2 Rock forward on left, recover on right,
3&4 ¼ turn left stepping left to left side, close right beside left, step left to left side (6,00)
5&6 Cross right behind left, step left to left side, step right to right side
7&8 Cross left behind right taking ¼ turn left, step right to right side, step left to left side (3.00)

* Restart: during wall 4

CROSS ROCK, RECOVER, RIGHT CHASSE, CROSS STEP, LEFT SAILOR WITH ¼ TURN

1 -2 Cross right over left, recover on left
3&4 Step right to right side, close left beside right, step right to right side
5 -6 Cross step left over to right side, step right to right side
7&8 Cross left behind right taking ¼ turn left, step right to right side, step left to left side (12.00)

RIGHT CHASSE, ROCK BACK, STEP ¼ TURN, ½ TURN, LEFT SHUFFLE

1&2 Step right to right side, close left beside right, step right to right side
3 -4 Rock back on left, recover on right
5 -6 ¼ turn right stepping back on left (9.00), ½ turn right stepping forward on right (3.00)
7&8 Step left forward, close right beside left, step left forward (9.00)

START DANCE AGAIN

Note:- During wall 4 dance first 16 counts and Restart dance facing back wall.

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