

Show Me

拍数: 52 墙数: 2 级数: Phrased Intermediate
编舞者: Lesley Kidd (UK) & Hayley Goy (UK) - May 2018
音乐: Show Me - Gabrielle



SEQUENCE: A(restart)AABA(restart)AAB(restart)AAB

Introduction: 16 counts. Start on vocals.

PART A – 32 COUNTS

SECTION 1: Rock, ronde hitch, sailor $\frac{1}{4}$, ball step, $\frac{1}{2}$ hinge turn, back rock, recover

1-2 Rock forward R, recover on L, hitching R knee taking it from front to back
3&4 Step R behind L, turning $\frac{1}{4}$ R, step L to L side, step R beside L (3.00)
&5-6 Step on ball of L foot next to R, step R slightly to side, Cross L over R
7-8&1 Turn $\frac{1}{4}$ L, stepping back on R, turn $\frac{1}{4}$ L stepping L, Rock R behind L, recover

SECTION 2: Side, behind and cross X2, step $\frac{1}{4}$

2-3&4 Step R to side, step L behind R, step R to side, step L in front of R
5-6&7 Step R to side, step L behind R, step R to side, step L in front of R
8 Step back on R, making a $\frac{1}{4}$ turn L

SECTION 3: Kick, step, point & switch & switch, flick, press, recover

1-2 Extend L leg out to forward kick, replace L beside R
3&4 Point R to R side, replace R foot, point L to L side
&5-6 Replace L foot, point R to R side, flick R foot up to back
7-8 Press forward on R foot towards 4.30, recover onto L

SECTION 4: Heel turn, side rock and cross, 4 toe touches turning $\frac{1}{2}$

1-2 Step R beside L, lift the toes of both feet and make $\frac{1}{2}$ turn R on heels, replace (12.00)
3&4 Rock L to L side, recover onto R, cross L over R
5&6 Touch R Beside L, step R turning $\frac{1}{8}$ R, touch L beside R
&7 Step L turning $\frac{1}{8}$ R, touch R beside L
&8 Step R turning $\frac{1}{4}$ R, step L beside R

PART B – 20 COUNTS

SECTION 1: Cross rock, side shuffle, cross, side, sailor $\frac{1}{2}$ turn

1-2 Rock R across L, recover onto L
3&4 Step R to R side, step L next to R, step R to R side
5-6 Step L across R, step R to R side
7&8 Step L behind R, step R to side making $\frac{1}{4}$ turn L, step L across right making $\frac{1}{4}$ turn L

SECTION 2: Side lock, $\frac{1}{4}$ shuffle, pivot $\frac{1}{2}$, $\frac{1}{4}$ shuffle

1-2 Step R to R side, lock L foot behind R
3&4 Step $\frac{1}{4}$ turn R, step L beside R, step forward R
5-6 Step forward L, make $\frac{1}{2}$ turn R
7&8 Step L to side making $\frac{1}{4}$ turn R, step R beside L, step L to L side

SECTION 3: Back rock, side rock

1-2 Rock back R, recover onto L
3-4 Rock R to R side, recover onto L

RESTARTS:

In part A, walls 1 and 5, the Restart is always in the same place.

Dance up to and including count 28 and Restart, missing off the toe touches.

In part B, wall 8, dance up to and including count 16 and start part A, missing off the back rock, side rock.

Thank you for looking at our dance. We hope you enjoy it.

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