

This Is Me

拍数: 48 墙数: 4 级数: Easy Intermediate
编舞者: Benjamin Harris (AUS) - March 2019
音乐: This Is Me - Keala Settle & The Greatest Showman Ensemble : (Album: The Greatest Showman OST)



Starting position: Feet together weight on left
Intro: 16 counts (start on lyrics)

Step forward-sweep-across, side-rock-across, step back drag, coaster step-together

1&2 Step R forward sweep L stepping L across in front of R
3&4 Rock R to R side, recover L, step R across
5, 6 Step L back dragging R
7&8& Coaster step: step R back, step L together, step R forward. Step L together (12:00)

Pivot ½ turn, shuffle forward, pivot ½ turn, quick paddle ¼ turn across

1,2,3&4 Step R forward pivot ½ turn L weight onto L, shuffle forward stepping RLR
5,6,7&8 Step forward L pivot ½ turn R weight onto R, step forward L paddle ¼ turn R step L across (3:00)

Side rock-together-side rock-together, rocking chair

1.2&3,4& Step R to R side, recover L, step R together, Step L to L side, recover R, step L together,
5,6,7,8 * Rocking chair: rock R forward, recover L, rock R back, recover L (3:00)

¼ turn cross samba, cross samba, jazz box across

1&2 Step R across, step L slightly back turning ¼ R, step R to R side
3&4 Step L across, step R to R side, step L to L side
5,6,7,8 Jazz Box: Step R across, step L back, step R to R side, step L across (6:00)

Side drag together-across side, ¼ turn sailor, shuffle forward

1.2&3,4 Step R to R side, drag L in, step L together, step R across, step L to L side
5&6 Sailor Step: Step R behind L, ¼ turn R stepping L slightly sideways, step R slightly forward.
7&8 Shuffle forward stepping LRL (9:00)

Forward rock-together-forward rock-together, pivot ½ turn, 2 walks forward

1.2& Step R forward, recover L, step R together
3,4& Step forward L, recover R, step together L
5,6,7,8 Step forward R, pivot ½ turn L weight onto L, step forward R, step forward L (3:00)

Tag: At the end of wall 1 add rocking chair

Restart: On wall 3 dance to count 24 (*) restart the dance

Tag/Restart: On wall 7 dance to count 24 (*) from the rocking chair drag R together for 2 counts then restart the dance.

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Enjoy! :-)