

Me Rehuso (I Refuse)

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Phrased Low Improver
编舞者: Joan Morro (ES) - August 2020
音乐: Me Rehúso - Danny Ocean



Sequence: A, A, B, A, A, B, B, tag 1, tag 2, B, B

PART A

[1-8] HEEL TOUCH R X 2, BACK POINT, STEP FWD, HEEL TOUCH L X 2, BACK POINT, STEP FWD

1-2 RF Heel Touch x 2
3-4 RF Point bwd, step fwd.
5-6 LF Heel Touch x2
7-8 LF Point bwd, step together RF

[9-16] DIAGONALLY SIDE STEP R&L, STP BWD X 4

1-2 RF Step slightly R diagonally, LF touch near RF
3-4 LF Step slightly L diagonally, RF touch near LF
5-8 Step Bwd x 4 R, L, R, L

[17-24] STEP SIDE R & SHIMMY, STEP SIDE L & SHIMMY

1-2 RF Big step side R, LF touch near RF
3-4 Shimmy (with the rhythm of music)
5-6 LF Big step side L, RF touch near LF
7-8 Shimmy (with the rhythm of music)

[25-32] STEP FWD, ¼ TURN L X 2, JAZZ BOX

1-2 RF Step fwd & turn ¼ L, LF Recover weight (9.00)
3-4 RF Step fwd & turn ¼ L, LF Recover weight (6.00)
5-8 RF cross over LF, LF step bwd, RF step side R, LF step fwd.

PART B

[1-8] TOE & STEP X 2 R&L, STEP BWD X 4 (ARM MOVEMENTS)

1-2 RF Toe fwd, RF Step fwd
3-4 LF Toe fwd, LF step fwd
1-4 RA Put your right arm in front and with the index finger extended say no
5-8 Step bwd x 4 R, L, R, L
5-8 BA At each step back with both hands push out

[9-16] TOE & STEP X 2 R&L, STEP BWD X 4 (ARM MOVEMENTS)

1-2 RF Toe fwd, RF Step fwd
1-2 LA extend your LA upward and clench your fist as if catching the air
3-4 LF Toe fwd, LF step fwd
1-4 RA extend your RA upward and clench your fist as if catching the air
5-8 Step bwd x 4 R, L, R, L
5-8 BA Cross your fists and as you go back lower them waving the movement

[17-24] TOE & STEP X 2 R&L, STEP BWD X 4 (ARM MOVEMENTS)

1-2 RF Toe fwd, RF Step fwd
1-2 LA extend your LA forward with an open hand
3-4 LF Toe fwd, LF step fwd
3-4 RA extend your RA forward with an open hand
5-8 Step bwd x 4 R, L, R, L

5-8 BA bring both hands to the sides of the body and slide them to the waist.

[25-32] STEP SIDE R & HIP ROLLS, STEP SIDE L & HIP ROLLS

1-2 RF Big step side R, LF touch near RF
3-4 Hip rolls (with the rhythm of music)
5-6 LF Big step side L, RF touch near LF
7-8 hip rolls (with the rhythm of music)

TAG 1

[1-8] PADDLE TURN X 4

1-2 RF step fwd & ¼ turn L, LF Recover weight (9.00)
3-4 RF step fwd & ¼ turn L, LF Recover weight (6.00)
5-6 RF step fwd & ¼ turn L, LF Recover weight (3.00)
7-8 RF step fwd & ¼ turn L, LF Recover weight (12.00)

[1-7] RECOVER & HOLDS

1-7 During the 7 times slowly recover the weight to the RF

TAG 2

[1-8] STEP SIDE L & CLOSE X 3, STEP SIDE L & TOUCH

1-2 LF step side L, RF close near LF
3-4 LF step side L, RF close near LF
5-6 LF step side L, RF close near LF
7-8 LF step side L, RF touch near LF

[9-16] STEP SIDE L & CLOSE X 4

1-2 RF step side R, LF close near RF
3-4 RF step side R, LF close near RF
5-6 RF step side R, LF close near RF
7-8 RF step side R, LF close near RF
