

Love Me!

拍数: 32 墙数: 2 级数: Beginner
编舞者: Sandy McDonald (USA) - September 2020
音乐: Love Me or Leave Me - Rod Stewart



NOTE: This dance goes to a variety of music
NO TAGS, NO RESTARTS

Alt. Music:

"If You Love Somebody Set Them Free" by Sting
"Because" by The Dave Clark Five
"I Need More of You" by The Bellamy Brothers
"The City Put The Country Back in Me" by Neal McCoy
"And The Beat Goes On" by Whispers
"Alley Oop" by The Hollywood Argyles (this one is just for fun)
For a faster tempo:
"Always Have, Always Will" by Ace of Base
"All You Ever Do Is Bring Me Down: by The Mavericks
"La Mordidita" by Ricky Martin

Start dance 32 counts in on vocal

Section 1 (2 CROSS POINTS, JAZZ BOX IN PLACE)

1-4 Cross R over L and point L to side, cross L over R and point R to side
5-8 Cross R over L, step back on L, step R to the R side, step L slightly forward

Section 2 (SHUFFLE FORWARD, STEP 1/4 WEAVE RIGHT WITH A POINT)

1&2 Shuffle forward with R (R L R)
3-4 Step forward with L and turn 1/4 and step on R
5-8 Cross L over R, step R to R side, step L behind R and point R to side

Section 3 (JAZZ BOX 1/4 TURN, 2 KICK BALLS)

1-4 Cross step R over L, step L back turning slightly right, step R to side right side completing a
 1/4 turn right, step L next to R
5&6 Kick R forward, recover on R, step on L
7&8 Kick R forward, recover on R, step on L

Section 4 (V STEP, 4 HIP BUMPS 2R-2L)

1-4 Step R forward at 45' R, Step L forward at 45' L, Step R back to center, step L beside R
5-8 Step right to right side pushing hips 2X (hip-hip), step left to left side pushing hips 2X (hip-hip)
OPT: you can do sways (R L R L) instead of hip bumps

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