

Me Too 21

拍数: 96 墙数: 1 级数: Phrased High Beginner
编舞者: Hey-Gyun Kim (KOR) - February 2021
音乐: Me Too - Meghan Trainor



Count in: After 16 Count (on lyrics)
SEQUENCE A-B-A TAG A-B A-C B-C-C

The dance consists of three parts in total.

Each Part has its own theme as follows.

Part A: I am the best in the world. I am proud of myself.

Part B: I break the shell that was holding me back and go out into the world.

Part C: I'm afraid of change but I'm rooting for myself.

Part A - 32 COUNTS

Section 1: R fwd. toe touch, R side touch, R sailor step, L fwd. toe touch, L side touch, L sailor step

1,2 R fwd. toe touch (1), R side touch (2)
3&4 Step R behind L (3); Step L to left (&); Step R to right diagonal (4) (wt. R)
5,6 R fwd. toe touch (5), R side touch (6)
7&8 Step L behind R (7); Step R to right (&); Step L to left diagonal (8) (wt. L)

Section 2: R Hitch walk, Hold, L Hitch walk, Hold, R Cross Samba Step, L fwd. step, R 1/2 pivot turn

1,2 R Hitch walk (1), Hold (2)
3,4 L Hitch walk (3), Hold (4)
5&6 Cross step RF over LF (5), Side rock LF to left (&), Recover onto RF (6)
7,8 L fwd. step (7), R 1/2 pivot turn (8) (6 o'clock)

Section 3: L fwd. toe touch, L side touch, L sailor step, R fwd. toe touch, R side touch, R sailor step

1,2 L fwd. toe touch (1), L side touch (2)
3&4 Step L behind R (3); Step R to right (&); Step L to left diagonal (4) (wt. L)
5,6 L fwd. toe touch (5), L side touch (6)
7&8 Step R behind L (7); Step L to left (&); Step R to right diagonal (8) (wt. R)

Section 4: L Hitch walk, Hold, R Hitch walk, Hold, L Cross Samba Step, R fwd. step, L 1/2 pivot turn

1,2 L Hitch walk (1), Hold (2)
3,4 R Hitch walk (3), Hold (4)
5&6 Cross step LF over RF (5), Side rock RF to right (&), Recover onto LF (6)
7,8 R fwd. step (7), L 1/2 pivot turn (8) (wt. L)

Part B - 32 COUNTS

Section 1: R Chasse step (Side, Together, Side), L Back step, Lock step, L Chasse step (Side, Together, Side), R Back step, Lock step

1&2 R side step (1), Together step (&), R side step (2)
3,4 L Back Lock (3), Recover (4) (wt. R)
5&6 L side step (5), Together step (&), L side step (6)
7,8 R Back Lock (7), Recover (8) (wt. L)

Section 2: R fwd. step. L 1/4 pivot turn, R fwd. step. L 1/4 pivot turn, R fwd. step. L 1/4 pivot turn, R fwd. step. L 1/4 pivot turn

1,2 R fwd. step (1), L 1/4 pivot turn (2) (9 o'clock)
3,4 R fwd. step (3), L 1/4 pivot turn (4) (6 o'clock)
5,6 R fwd. step (5), L 1/4 pivot turn (6) (3 o'clock)
7,8 R fwd. step (7), L 1/4 pivot turn (8) (12 o'clock)

Section 3: Angle body to face 1 o'clock, R fwd. 1/2 step, L 1/2 Fwd. step, R 1/2 fwd. step, Knee down, Knee up & L fwd. Kick, Angle body to back 7 o'clock, L 1/2 bwd. step, R 1/2 bwd. step, L 1/2 bwd. step, Knee down, Knee up & R fwd. Kick

1&2 Angle body to face 1 o'clock, R fwd. 1/2 step (1), L 1/2 fwd. step (&), R 1/2 fwd. step (2)
3,4 Knee down (3), Knee up & L fwd. Kick (4)
5&6 Angle body to back 7 o'clock, L 1/2 bwd. step (5), R 1/2 bwd. step (&), L 1/2 bwd. step (6)
7,8 Knee down (7), Knee up & R fwd. Kick (8)

Section 4: R fwd. press step(12oclock), count 3, R bwd. together, L fwd. press step (12 o'clock), count 3, L bwd. together

1,2,3,4 R fwd. press step (1) (12 o'clock), Hold (2-3), R Knee up bwd. step together (4)
5,6,7,8 L fwd. press step (5) (12 o'clock), Hold (6-7), L Knee up bwd. step together (8)

Part C - 32 COUNTS

Section 1: R fwd. toe touch (with little toe, L Knee down), Hold, R bwd. together, Hold, L fwd. toe touch (with little toe, R Knee down), Hold, L bwd. together, Hold

1,2,3,4 R fwd. toe touch with little toe, L Knee down (1), Hold (2), R bwd. together L Knee up(3), Hold(4)
5,6,7,8 L fwd. toe touch with little toe, R Knee down (5), Hold (6), L bwd. together L Knee up (7), Hold (8)

Section 2: R fwd. Shuffle step, L fwd., R 1/2 pivot turn, L fwd. Shuffle step, R fwd., L 1/2 pivot turn

1&2,3,4 R fwd. Shuffle step (1&2), L fwd. step (3), R 1/2 pivot turn (4) (6 o'clock)
5&6,7,8 L fwd. Shuffle step (5&6), R fwd. step (7), L 1/2 pivot turn (8) (12 o'clock)

Section 3: R side touch, together, R side touch, together, L side touch, together, L side touch, together

1,2,3,4 R side touch (1), together (2), R side touch (3), together (4)
5,6,7,8 L side touch (5), together (6), L side touch (7), together (8)

Section 4: R Chasse step (Side, Together, Side), L side touch (6 o'clock), L side touch (3 o'clock), L side touch (6 o'clock), L side touch (3 o'clock), L side step (12 o'clock), Hold

1&2 R Chasse step (1&2) (R wt.)
3 L side touch (3) (6 o'clock)
4 L side touch (4) (3 o'clock)
5 L side touch (5) (6 o'clock)
6 L side touch (6) (3 o'clock)
7&8 L side step (7&) (12 o'clock), Hold (8) (wt. L)

TAG - Part C Section 1

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