

Me Myself & I

拍数: 32 墙数: 4 级数: Low Advanced
编舞者: Hiroko Carlsson (AUS) - August 2022
音乐: Me Myself & I - 5 Seconds of Summer : (Deezer / Apple Music / Spotify)



Please feel free to contact me if you need any further information. (hirokoclinedancing@gmail.com)

(8 counts intro/Dance starts on lyrics)

[S1] Cross, Unwind 1/2R, Back Rock-Side Touch, Touch Behind, Unwind 3/4L, Side-Cross-Side- Back Rock

1 2 Cross/touch L over R, Make a ½ unwind turn right weight ends on L (6:00)
3&4& Rock back on R, Replace weight on L, Step R to the side, Touch L next to R
5 6& Cross/touch L behind R, Make a ¾ unwind turn left weight ends on R (9:00), Step L to the side
7&8& Cross R over L, Step L to the side, Rock back on R, Replace weight on L

[S2] Side, Cross Rock, Side, Cross Rock, 1/4R, Step-Pivot 1/2R-Fwd, Step-Spiral 3/4L

1 2& Step R to the side, Rock/across L over R, Replace weight on R
3 4& Step L to the side, Rock/across R over L, Replace weight on L
5 6& Make a ¼ turn right stepping forward on R (12:00), Step forward on L, Make a ½ turn right recover weight on R (6:00)
7 8 Step forward on L, Step forward on R making a ¾ spiral turn left** (9:00)

*Here is a restart point with step change on wall 6, count 8 changed to - Step R forward -

[S3] Side, Cross Shuffle-1/2L, Shuffle Fwd, 1/4R, Quadplex Step

1 Step L to the side
2&3& Cross R over L, Step L close to R, Cross R over L, Make a ½ swift turn left on R ball/hitch L knee (3:00)
4&5 Shuffle forward on L-R-L
6 Make a ¼ turn right recover weight on R (6:00)
7&8& Make a full turn right on the spot/stepping on L(cross to start)-R-L-R (6:00)

[S4] BSNC2 Step L-R, 1/4L-Full Turn-Fwd

1 2& Step L to the side, Step R behind L, Replace/cross L over R
3 4& Step R to the side, Step L behind R, Replace/cross R over L
5 6 Make a ¼ turn left stepping forward on L (3:00), Make a ½ turn left stepping back on R (9:00)
7 8 Make a ½ turn left stepping forward on R (3:00), Step forward on L

Restart with step change on Wall 6 count 16** (9:00)- Dance up to S2 count 6, then Walk forward on L(7)-R(8)

The last wall finishes facing 3:00, then
Make a ¼ swift turn left recover weight on L (&), Cross R over L (1)

(updated: 31/Aug/22)