

Me for Me

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Improver
编舞者: Pam Wingo (USA) - January 2023
音乐: Me For Me - Tyler Hubbard



Restart after 16 cts, on wall 3

#16 Count intro - dance moves CCW

Section 1: Side Rock, behind side cross, Rock recover with 1/2 turn shuffle:

1-2 Rock R to side, recover weight on L
3&4 Cross R foot behind L, step L to side, cross R foot over L
5-6 Rock L foot forward at slight diagonal, recover weight to R foot
7&8 Make 1/2 turn shuffle over L shoulder (LRL) (6:00)

Section 2: Heel Touch Cross, Shuffle (R & L)

1-2 Touch R heel forward, cross R foot over L shin
3&4 Shuffle forward at slight diagonal (R,L,R)
5-6 Touch L heel forward, cross L foot over R shin
7&8 Shuffle forward at slight diagonal (L,R, L)

*****RESTART ON WALL 3- WILL BE FACING 12:00 WHEN COMPLETED)**

Section 3: Rock recover, shuffle back R, Rock recover, shuffle left with 1/4 turn shuffle

1-2 Rock forward on R, recover weight on L
3&4 Shuffle back R,L, R
5-6 Rock back on L, recover weight to R
7&8 Make a 1/4 turn with L foot, bring R foot next to L, step L to side (9:00)

Section 4: Mambo Forward, Mambo Back, Samba Step (2 's)

1&2 Rock forward on R, recover weight to L, step R foot next to L
3&4 Rock back on L, recover weight to R, step L foot next to R
5&6 Rock R foot out to side, put weight onto L, cross R foot over L
7&8 Rock L foot out to side, put weight onto R, cross L foot over R

HAVE FUN AND ENJOY!!!!

Any questions, contact pamdances@icloud.com