

Me for Me

拍数: 32 墙数: 4 级数: Improver
编舞者: Jamie Barnfield (UK) - February 2023
音乐: Me For Me - Tyler Hubbard : (Album: Tyler Hubbard)



Intro: 16 counts

S1: WALK WALK, ANCHOR STEP, 1/2, 1/2, SAILOR SKATE

1-2 Step forward on right, step forward on left
3&4 Cross right behind left, Step left in place, step back on right
5-6 1/2 left stepping forward on left, 1/2 turn left stepping back on right
(Non-turning option: Step back left, step back on right)
7&8 Cross left behind right, step right to right side, skate forward on left (12:00)

S2: SKATE, SKATE, DIAGONAL SHUFFLE, WALK, WALK, RUN RUN RUN

1-2 Skate forward on right to right diagonal, skate forward on left to left diagonal
3&4 Skate forward on right to right diagonal, close left next to right, step forward on right (1:30)
5-6 1/4 right stepping forward on left, (4:30) 1/4 right stepping on forward right (7:30)
7&8 1/4 right running left right left (10:30)

(Counts 5-8 is a smooth circular rotation to the right from 1:30 to 10:30)

RESTART: WALL 3 (Note: square up to the back wall to restart)

S3: ROCK FORWARD, RECOVER, BACK, SWEEP, BEHIND, 1/4, STEP 3/4 SIDE

1-2 Rock forward on right, recover on left, (10:30)
3-4 Step back on right, sweep left from front to back
5-6 1/8 right crossing left behind right (12:00), 1/4 right stepping forward on right (3:00)
7&8 Step forward on left, pivot 3/4 right, step left to left side (12:00)

S4: BEHIND, 1/4, SHUFFLE, ROCK FORWARD, RECOVER, 1/2 SAILOR

1-2 Cross right behind left, 1/4 left stepping forward on left (9:00)
3&4 Step forward on right, close left next to right, step forward on right
5-6 Rock forward on left, Recover on right
7&8 1/2 left crossing left behind right, step right to right side, step forward on left (3:00)

ENDING:

The dance finishes after section 2 during wall 9

During counts 5-8 complete a 1 & 1/4 circular rotation to bring you to the front wall slowing the steps down to match the music and cross your right foot over Ta-Dah!

Last Update: 20 Feb 2024