

Show Me

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Joey Warren (USA) - February 2023
音乐: Show Me What You Got - Ricky Cage



Notes: 1 Tag / 1 Restart

*16 Count Intro on lyrics

Stomp Heel Swivel-Kick Coaster Step w/R, Repeat w/L

1&2& Stomp R fwd, Swivel R heel to R, Swivel back to center, Kick R forward (12:00)
3-&-4 Step back on R, Step L back beside R, Step R fwd
5&6& Stomp L fwd, Swivel L heel to L, Swivel back to center, Kick L forward
7-&-8 Step back on L, Step R back beside L, Step L fwd

Slow Jazz ¼ Turn, Syncopated Jazz ¼ Turn w/ Extended Weave

1234 Cross R over L, Step L back, ¼ Turn R stepping R fwd, Step L fwd (3:00)
5&6& Cross R over L, ¼ Turn R stepping back on L, Step R to R, Cross L over R (6:00)
7&8& Step R out R, Cross L behind R, Step R out R, Cross L over R (6:00)

(Restart here – W2)

*** (Styling: You can add snaps on the slow jazz (Swing R arm up towards R shoulder on 1, swing down and snap on &, Swing towards L shoulder on 2, swing down and snap on &repeat over counts 3&4&)

Point & Point, ¼ Turn Hip Bumps, Ball-Cross Side, ½ Sailor Cross

1&2& Point R to R, Step R beside L, Point L to L, ¼ Turn L stepping L beside R (3:00)
3-&-4 Point R to R as you bump R hip to R, Bump L hip to L, Bump R to R take weight
&-5-6 Ball step L towards R, Cross L over R, Step L out to L
7-&-8 Start ½ Turn R stepping R behind L, Step L in place, Cross R over L to finish ½ (9:00)

Step Locks Traveling Fwd, Step Touches Traveling Back, ½ Turn Brush

1&2& Step L to L diagonal, Lock R behind L, Step L to L diagonal, Step R to R diagonal
3&4& Lock L behind R, Step R to R diagonal, Step L to L diagonal, Touch R beside L
5&6& Step R back/out, Touch L beside R, Step L back/out, Touch R beside L
7&8& Step R back/out, Touch L beside R, ½ Turn L stepping L fwd, Brush R fwd (3:00)

TAG- (One-wall) Step Pivot-Step Pivot, Out-Out Swivel, Heel Swivels to R

12-34 Step R fwd, ½ Pivot to L taking weight, Step R fwd, ½ Pivot to L taking weight (3:00)
&-5-6 Step R fwd/out, Step L fwd/out (shoulder width), Swivel both heels to L
7-&-8 Swivel both heels R, Swivel both toes R, Swivel both heels R weight on R

Step Touch x2, Weave ¼ Turn Brush, ¼ Out Hip Bounces ¼ Turn, Shuffle ¼ Turn

1&2& Step L to L, Touch R beside L, Step R to R, Touch L beside R
3&4& Step L out to L, Cross R behind L, ¼ Turn L stepping L fwd, Brush R fwd (12:00)
5&6& ¼ Turn L stepping R out as you start bouncing hips counterclockwise, Bounce hips over 5&6& as you do ¼ Turn L ending weight on R (@ 6:00)
7&8& Shuffle fwd L, R, L, ¼ Turn L as you brush that R fwd ready to stomp!! (3:00)

SEQUENCE: 32, Tag @ 3 o'clock, 16 restart to 9 o'clock, 32, Tag to 12 o'clock, 32 rest of the way.