

Part of Me

拍数: 84 墙数: 1 级数: Phrased Advanced
编舞者: Amanda Rizzello (FR) & Stéphanie Bijon (FR) - January 2024
音乐: Part Of Me - Cian Ducrot



Intro : 16 counts
Seq: ABC TAG ABCC C* TAG

Part A

[1-8] SIDE R, BEHIND L, 1/8 TURN R STEP R FWD, STEP L PIVOT 1/2 TURN, STEP L FWD, FULL TURN L, 1/8 TURN L INTO R SIDE BASIC NC

12&3 Step RF to R side (1), Cross LF behind RF (2), 1/8 turn to R, step RF fwd (&) Step LF fwd (3)
45 1/2 turn to R, weight on R (4), Step LF fwd (5)
6&7 1/2 turn to L, step RF back (6), 1/2 turn to L, step LF fwd (&), 1/8 turn to L, step RF to R side (7) 06:00
8& Close LF slightly behind R heel (8), Cross RF over LF (&) 06:00

[9-16] L BASIC NC, SIDE R w/hands mvts, SIDE L w/arms mvts, CROSS R, RECOVER L, SIDE R, CROSS L, RECOVER R, SIDE L

12&3 Step LF to L side (1), Close RF slightly behind L heel (2), Cross LF over RF (&), Step RF to R side with hands palm to palm and fingers opened doing a circle like you are carrying a ball (3)
45 Step LF to L side bringing RF next to LF and arms opening up from head to sides (4), Cross Rock RF (5)
6&7 Recover on LF (6), Step RF next to LF (&), Cross Rock LF (7)
8& Recover on RF (8), Step LF next to RF (&)

[17-24] STEP R FWD, 1/2 TURN L, FULL TURN, RUN R RUN L ROCK R, RECOVER L w/ SWEEP R, BACK R w/SWEEP L, BACK L, BACK R

1 Step RF forward (1)
2&3 1/2 turn to L, Step LF fwd (2), 1/2 turn to L, Step RF back (&), 1/2 turn to L, Step LF fwd (3) 12:00
4&5 Run RF (4), Run LF (&), Rock RF fwd (5)
67 Recover on LF with sweep RF from front to back (6), Back RF with sweep LF from front to back (7)
8& Step LF back (8), Step RF back (&)

[25-32] ROCK L BACK, RECOVER R, 1/4 TURN R SIDE L, ROCK R BACK, RECOVER L, 1/4 TURN L SIDE R, BACK L w/SWEEP R, BEHIND SIDE, STEP R, STEP L

12 Rock LF back (1), Recover on RF (2)
&3 1/4 turn to R, LF to L side (&), Rock RF back (3) 09:00
4&5 Recover on L (4), 1/4 turn to L, RF to R side (&), Step LF back with R sweep from front to back (5) 12:00
6&78 Cross RF behind LF (6), Step LF to L side (&), Step RF forward (7), Step LF forward (8)

Part B

[1-6] 1/8 TURN R STEP R, STEP L, STEP R w/HITCH L, STEP L w/arms movements, STAND UP, 1/2 TURN R

1&2 1/8 turn to R, step RF fwd (1), Step LF fwd (&), Step RF fwd w hitch L (2) 01:30
34 Step L fwd bending L knee and arms moving from side to the floor (3-4)
56 Recover to standing position (5), 1/2 turn to R, weight on LF (6) 07:30

[7-12] STEP R, SPIRAL TURN TO R, STEP R w/arms movements, 1/8 TURN STEP L, 1/4 TURN R CROSS R, SIDE L

12 Step RF fwd (1), Step LF fwd with spiral turn (2)

- 34 Step RF fwd bending L knee and arms moving from side to the floor (3), Recover to standing position(4)
- 56& 1/8 turn to R Step LF forward (5), 1/4 turn to R Cross RF in front of LF (6), Step LF to L side (&) 12:00

Part C

[1-8] R BEHIND, SWEEP L, BEHIND SIDE, 1/8 TURN STEP PIVOT L, FULL TURN, SWEEP L, CROSS 1/8 TURN L, SIDE L w/head movements, CROSS R, ¼ TURN R BACK L

- 1 Step RF back with sweep LF from front to back (1)
- 2&3 Cross LF behind RF (2), Step RF to R side (&), 1/8 turn to R, Step pivot LF ½ turn (3) 07:30
- 4&5 Step RF fwd (4), ½ turn to R, Step LF back (&), ½ turn to R, with sweep LF from back to front (5)
- 6&7 Cross LF over RF (6), 3/8 turn to L, Step LF back while bringing both arms to your head beginning a circle movement from R to L (&), Step LF to L side finishing the circle movement with your head (7) 03:00
- 8& Cross RF over LF (8), ¼ turn to R, Step LF back (&) 06:00

[9-16] ¼ TURN SIDE R w/arms movements, DIAMOND

- 12 ¼ turn to R, Step RF to R side w/ extended arms raising up from L to R starting with R then L (1-2) 09:00
- 3 Step LF to L side (3)
- 4&5 1/8 turn to R, Step RF back (4), Step LF back (&), 1/8 turn to R, Step R to R side (5) 12:00
- 6&7 1/8 turn to R, Step LF fwd (6), Step RF fwd (&), 1/8 turn to R, Step LF to L side (7) 03:00
- 8& 1/8 turn R Step RF back (8), Step LF back (&)

[17-24] 3/8 TURN R SIDE R, SIDE L, ½ TURN L, BACK R, BACK L, BACK R, 1/2 TURN L STEP L HITCH R, CROSS R, BACK L, 1/8 TURN L BACK R, BACK L, 1/8 TURN R SIDE R

- 12 3/8 turn to R, Step R to R side w/ R arm to R side (1), Step LF to L side w/ L arm to L side (2) 06:00
- 3 ½ turn to L, Step RF back raising up R arm (3) 12:00
- 4&5 Step LF back (4) Step RF back (&), 1/2 turn to L, Step LF fwd hitching R (5) 06:00
- 6&7 Cross RF over LF (6), Step LF back (&), 1/8 turn to L, Step RF back (7) 04:30
- 8& Step LF back (8), 1/8 turn to R, Step RF to R side (&) 06:00

[25-32] CROSS L, SIDE R w/ L ARABESQUE, SIDE L, CROSS R, SIDE L, BEHIND R, SWAY L, SWAY R, ½ TURN L

- 12 Cross LF over RF (1), Step RF to R side raising up your R arm with L arabesque (2)
- 3 Step LF to L side (3)
- 4&5 Cross RF over L (4), Step LF to L side (&) Cross RF behind LF (5)
- 678 Step LF to L side with sway L reaching your heart with R hand (6), Sway R (7), ½ turn to L(8) 12:00

*C (from 17 to 32), you will be facing wall 06:00, replace count 8 by SWAY L

TAG

[1-8] SIDE R, BEHIND L, SIDE R, CROSS ROCK L, RECOVER, R, SIDE L, CROSS ROCK R, RECOVER L, CLOSE R, STEP L, TOUCH R

- 1 Step RF to R side (1)
- 2&3 Cross LF behind RF (2), Step RF to R side (&), Cross rock LF over RF (3)
- 4&5 Recover on R (4), Step LF to L side (&), Cross rock RF over LF (5)
- 6&7 Recover on L (6), Step RF next to L (&), Step LF fwd (7)
- 8 Touch RF next to L (8)

Never hesitate to talk to you family, friends or doctors before... falling down

Last Update: 4 Apr 2024

