

# Dance Me

拍数: 56      墙数: 0      级数: Advanced  
编舞者: Carrie Russell (USA) & Ronnie Russell (USA) - March 2024  
音乐: Dance Me If You Can - The Cheetah Girls



## Rocking Horse, Clap (2x) , Rocking Horse Clap (2x)

1 & 2      Rock forward on R, recover L, rock back on R  
&3&4      Recover on L, step forward on R, replacing weight, Clap, Clap  
5 & 6      Rock forward on L, recover R, rock back on L  
&7&8      Recover weight on R, step forward on L, placing weight, clap, clap

## Walk, walk, mambo forward, mambo back, step ½ turn

1 – 2      Walk forward on R, L  
3 & 4      Mambo forward on R  
5 & 6      Mambo back on L  
7 – 8      Step Forward on R, make a ½ turn, placing weight on L

## Mambo forward, mambo back, walk, walk, Rock ¼ turn cross

1 & 2      Mambo forward on R  
3 & 4      Mambo back on L  
5 – 6      Walk forward on R, L,  
7 & 8      Step R forward making a ¼ turn to L, place weight on L, cross R over L

## Step Sailor Step, Behind and Cross, ½ Turn Side Shuffle

1      Step L to L side  
2 & 3      Side Right Sailor Step  
4 & 5      Cross L behind R, step R to R side cross L over R  
6      Unwind ½ turn, weight on L  
7 & 8      Side Shuffle R, L, R weight on R

## Kick & Touch, Kick & Touch, Walk , Walk Step ½ Turn

1 & 2      Kick L forward, step L, beside R, touch R to R side  
3 & 4      Kick R forward, step R beside L, touch L to L side  
5 – 6      Walk forward on L R  
7 – 8      Step forward on L make a ½ turn to R weight on R

## [1 – 8]: Repeat Previous 8 Counts

## Out Behind cross ½ turn side shuffle, walk, walk

1      Step L to L side  
2 & 3      Cross R behind L step L to L side, cross R over L  
4      ½ turn to L weight on R  
5 & 6      Side Shuffle on L R L  
7 – 8      Walk forward on R L

## End of Dance!