See About Me and You

级数: Beginner

编舞者: Sue Korek (USA) - 20 December 2024

音乐: Come See About Me - The Supremes

墙数: 4

或: Ride Around - Ryan Montgomery

Alternate Music:

Ride Around (Ryan Montgomery 23 August 2024) bpm=120

No tags, no restarts

拍数: 32

Intro: 16 counts on lyrics "I worked every day ... "

Section 1 (SHUFFLE FORWARD, ROCK, BACK LR, COASTER)

- 1&2 Shuffle forward RLR
- 3-4 Rock L forward, recover R
- 5-6 Step L back, step R back
- 7&8 Step L back, step R beside L, step L forward

Section 2 (WEAVE RIGHT, SHUFFLE RIGHT, ROCK)

- 1-2 Step R right, step L behind R
- 3-4 Step R right, step L across R
- 5&6 Step R right, shuffle L beside R, step R right
- 7-8 Rock L back, recover R

Section 3 (WEAVE LEFT, SHUFFLE LEFT, ¼ TURN RIGHT, ROCK BACK)

- 1-2 Step L left, step R behind L
- 3-4 Step L left, step R across L
- 5&6 Step L left, shuffle R beside L, step L left
- 7-8 ¼ turn right rock R back, recover L

Section 4 (KICK, KICK, SAILOR STEP, KICK, KICK, SAILOR STEP)

- 1-2 Kick R across L, kick R forward
- 3&4 Step R back, step L beside R, step R beside L
- 5-6 Kick L across R, kick L forward
- 7&8 Step R back, step L beside R, step R beside L

Another option: Replace kicks with points.

Enjoy this Beginner dance with shuffles, coaster step, weaves, and sailor step.

Contact: suekorek@gmail.com

Last Update: 1 Apr 2025





级数