

Love Me

拍数: 80 墙数: 2 级数: Phrased Intermediate
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音乐: Before You Leave Me - Alex Warren



Sequence: A-B-B - A-B-B - TAG - A-A16 counts

PART A:

[1-8]: shuffle diagonal right, shuffle diagonal left, rock right, full turn back right.

1 & 2 [shuffle diagonal] right left right
3 & 4 [shuffle diagonal] left right left
5 – 6 [Rock] step right foot forward, recover weight on left foot
7 – 8 [full turn back right] turn ½ right and step right forward, turn ½ right and step left back

[9-16]: coaster step right, pivot left, scissor cross left, pivot right.

1 & 2 [coaster step right] Step right foot back, Step left foot back, Step right foot forward
3 – 4 [pivot left] step left forward, ½ turn pivot to right
5 & 6 [scissor cross left] Rock out to side left, Recover to right, Cross left over right
7 – 8 [pivot right] step right forward, ½ turn pivot to left

[17-24]: full turn right, rock right, step back right, step back left, coaster step right.

1 – 2 [full turn right] Turn ½ left and step right back, turn ½ left and step left forward
3 – 4 [Rock] step right foot forward, recover weight on left foot
5 step back right
6 step back left
7 & 8 [coaster step right] Step right foot back, Step left foot back, Step right foot forward

[25-32]: mambo step left half turn, mambo step right half turn, jazz box left with final stomp up.

1 & 2 [mambo step left half turn] step left forward, recover weight into right, turn ½ to left and step left forward
3 & 4 [mambo step right half turn] step right forward, recover weight into left, turn ½ to right and step right forward
5 – 6 – 7 – 8 [jazz box left with final stomp up] cross left foot over right foot (placing weight on left foot), step back with right foot, step back and place left foot next to right foot (placing weight on left foot), stomp up with right foot

[33-40]: flea hop right, flea hop left, coaster step right, flea hop left, flea hop right, coaster step left.

& 1 [flea hop right] step right foot to right and tap left toe behind right foot
& 2 [flea hop left] step left foot to right and tap right toe behind left foot
3 & 4 [coaster step right] Step right foot back, Step left foot back, Step right foot forward
& 5 [flea hop left] step left foot to right and tap right toe behind left foot
& 6 [flea hop right] step right foot to right and tap left toe behind right foot
7 & 8 [coaster step left] Step left foot back, Step right foot back, Step left foot forward

[41-48]: shuffle forward right, pivot left, full turn left, half turn, stomp up right.

1 & 2 [shuffle forward right] right left right
3 – 4 [pivot left] step left forward, ½ turn pivot to right
5 – 6 [full turn left] Turn ½ right and step left back, turn ½ right and step right forward
7 [half turn left] Turn ½ right and step left back
8 stomp up right

PARTE B:

[1-8]: wizard step right, heels switch (left, right), wizard step left, heels switch (right, left).

- 1 – 2 & [wizard step right] right step forward slightly lateral to the right, cross left behind, right step forward diagonal right
- 3 & 4& [heels switch] Touch left heel forward, step left foot beside right, touch right heel forward, step right foot beside left
- 5 – 6 & [wizard step left] left step forward slightly lateral to the left, cross right behind, left step forward diagonal left
- 7 & 8& [heels switch] Touch right heel forward, step right foot beside left, touch left heel forward, step left foot beside right

[9-16]: side rock right, sailor step right, side rock left, sailor step left.

- 1 – 2 [side rock right] right foot to right side, recover weight on left foot
- 3 & 4 [sailor step right] Cross step right foot behind left, step left foot to left side, cross step right foot over left
- 5 – 6 [side rock left] left foot to left side, recover weight on right foot
- 7 & 8 [sailor step left] Step left foot behind right, step right foot slightly to the right, step left foot forward

[17-24]: weave ¼ turn, side step right, touch, weave left, step ¼ turn, stomp up.

- 1 & 2& [weave ¼ turn] Step right ¼ turn left, cross left behind right, side step right, cross left over right
- 3 side step right
- 4 touch left
- 5 & 6& [weave left] step left, cross right behind left, side step left, cross right over left
- 7 step left ¼ turn left
- 8 stomp up

[25-32]: heel grind right, coaster step right, heel grind left, coaster step left.

- 1 – 2 [heel grind right] Touch right heel forward with toes facing in, swivel toes out while turning ¼ right
- 3 & 4 [coaster step right] Step right foot back, Step left foot back, Step right foot forward
- 5 – 6 [heel grind left] Touch left heel forward with toes facing in, swivel toes out while turning ¼ left
- 7 & 8 [coaster step left] Step left foot back, Step right foot back, Step left foot forward

TAG: dance floor in half

RIGHT HALF

[1-8]: step + clap ¼ turn right 4 times, 4 hold.

- 1 step clap ¼ turn right
- 2 step clap ¼ turn right
- 3 step clap ¼ turn right
- 4 step clap ¼ turn right (back to first wall)
- 5 – 6 – 7 – 8 hold

[9-16]: step + clap ¼ turn left 4 times, 4 hold.

- 1 step clap ¼ turn left
- 2 step clap ¼ turn left
- 3 step clap ¼ turn left
- 4 step clap ¼ turn left (back to first wall)
- 5 – 6 – 7 – 8 hold

[17-24]: kick right forward, kick right diagonal, coaster step right, 4 hold.

- 1 kick right forward
- 2 kick right diagonal
- 3 & 4 [coaster step right] Step right foot back, Step left foot back, Step right foot forward
- 5 – 6 – 7 – 8 hold

[25-32]: kick left forward, kick left diagonal, coaster step left, 4 hold.

- 1 kick left forward
- 2 kick left diagonal
- 3 & 4 [coaster step left] Step left foot back, Step right foot back, Step left foot forward
- 5 – 6 – 7 – 8 hold

LEFT HALF

[1-8]: 4 hold, step + clap ¼ turn right 4 times.

- 1 – 2 – 3 – 4 hold
- 5 step clap ¼ turn right
- 6 step clap ¼ turn right
- 7 step clap ¼ turn right
- 8 step clap ¼ turn right

[9-16]: hold, step + clap ¼ turn left 4 times.

- 1 – 2 – 3 – 4 hold
- 5 step clap ¼ turn left
- 6 step clap ¼ turn left
- 7 step clap ¼ turn left
- 8 step clap ¼ turn left

[17-24]: 4 hold, kick right forward, kick right diagonal, coaster step right.

- 1 – 2 – 3 – 4 hold
- 5 kick right forward
- 6 kick right diagonal
- 7 & 8 [coaster step right] Step right foot back, Step left foot back, Step right foot forward

[25-32]: 4 hold, kick left forward, kick left diagonal, coaster step left.

- 1 – 2 – 3 – 4 hold
- 5 kick left forward
- 6 kick left diagonal
- 7 & 8 [coaster step left] Step left foot back, Step right foot back, Step left foot forward

All together

[33-40]: kick right forward, kick right diagonal, coaster step right, kick left forward, kick left diagonal, coaster step left.

- 1 kick right forward
- 2 kick diagonal right
- 3 & 4 [coaster step right] Step right foot back, Step left foot back, Step right foot forward
- 5 kick left forward
- 6 kick diagonal left
- 7 & 8 [coaster step left] Step left foot back, Step right foot back, Step left foot forward

A FINAL

A 16 counts + stomp:

- 1 – 8 shuffle diagonal right, shuffle diagonal left, rock right, full turn back right.
- 9 – 16 coster step right, pivot left, scissor step left, pivot right.
- 17 stomp right

Last Update: 5 Apr 2025
