

Me, Myself & I

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Cindi Talbot (CAN)
音乐: Me, Myself and I - Vitamin C



WALK, LOOK, WALK, LOOK, SHUFFLE FORWARD, PIVOT ½ TURN

- 1-2 Step forward right, step forward left, turning head to look over left shoulder
- 3-4 Step forward right, looking forward, step forward left, turning head to look over left shoulder
- 5&6 Shuffle forward right-left-right
- 7-8 Step forward left, pivot ½ turn right putting weight on right

FORWARD & BACK & SHUFFLE FORWARD, BIG STEP ¼, LOOK LOOK

- 9& Rock left foot forward, replace weight on right
- 10& Rock back on left, replace weight on right
- 11&12 Shuffle forward left-right-left
- 13-14 Take big step forward with right making ¼ turn left, slide left foot next to right with weight, while putting right hand on right hip
- 15 Bend right knee keeping toe on floor while turning head to look over right shoulder (hand still on hip)
- 16 Turn head to look forward (hand still on hip)

REACH & PULL, REACH & PULL, SCUFF HITCH TURN, HIP SHAKE

- 17 Step forward with right while bending forward, sticking bum out and reaching out with both hands
- &18 Step left forward but slightly behind right, step right forward while pulling hands back to side of body (straighten up)
- 19 Reach forward with both hands sticking out bum
- &20 Step left forward but slightly behind right, step right forward while pulling hands back to sides of body (straighten up)
- 21& Scuff left foot beside right, hitch left knee making ¼ turn right
- 22 Step down on left
- 23& Push hips right then left
- 24& Push hips right then left

PADDLE TURN (¾), SYNCOPATED VINE, KICK HITCH STEP, SIDE ROCK STEP

- 25& Touch right toe to right side while pivoting ¼ turn left on ball of left foot, hitch right knee
- 26& Touch right toe to right side while pivoting ½ turn left on ball of left foot, hitch right knee
- 27& Cross right foot over left, step left to left side
- 28& Cross right behind left, step left to left
- 29 Kick right foot forward (low) while punching arms forward at shoulder height but crossing each other
- &30 Hitch right knee bringing elbows to sides with bent arms, step right next to left while bringing arms straight down to sides
- 31&32 Rock left to left side, dropping left shoulder, step right in place bringing shoulder to normal position, step left in place

REPEAT

TAG

When dancing to "Me, Myself & I", after repeating dance 7 times, after the lyrics " Five, six, seven, eight"

- 1-2 Put right hand on right hip as you turn head to look over right shoulder, look forward
- 3-4 Turn head to look over left shoulder, look forward (right hand still on right hip)

