

# My Own Words

拍数: 32      墙数: 4      级数: Intermediate  
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音乐: These Words - Natasha Bedingfield



## SIDE ROCK, SAILOR STEP, ¼ TURN, ½ TURN, TAP, TAP, STEP

1-2            Rock right to the right, recover onto left  
3&4           Cross right behind left, step left to the left, step right to the right  
5-6           Cross step left over right turning a ¼ left, step forward onto right turning a ½ left  
7-8           Tap left toe forward twice  
&              Step forward with left

**Option: opposed to three taps, 'any number of taps' is an option. As long as you end up with the step forward with left on the last '&' count**

## POINT, MODIFIED MONTEREY, SIDE ROCK, SAILOR STEP, ROCK BACK

1-2&           Point right toe forward, point right to the right, step right next to left turning a ½ right  
3-4            Rock left to the left, recover onto right  
5&6            Cross step left behind right, step right to the right, step left to the left  
7-8            Rock back with right, recover onto left

## STEP, ½ PIVOT, ½ TURN, ¼ TURN, WALK, WALK, TOUCH, KICK

1-2            Step forward with right, pivot a ½ left  
3-4            Step back onto right turning a ½ left, step forward onto left turning a ¼ left  
5-6            Walk forward; right, left  
7-8            Touch right foot next to and across left (on the left hand side of left foot), kick right foot forward

## & TOUCH, KICK, & ROCK FORWARD, ½ TURN, ¾ TURN, ROLL HIPS

&1-2           Step back with right, touch left foot next to and across right (on the right hand side of the right foot), kick left foot forward  
&3-4           Step forward with left, rock forward with right, recover onto left  
5-6            Step forward onto right turning a ½ right, step back onto left turning ¾ right  
7-8            Roll hips; right, left

**Make sure weight ends up on left foot**

## REPEAT

## RESTART

**Restart on wall 2, after the first 24 steps (touch, kick)**

**Restart on wall 8, after the first 16 steps (rock back)**