

What About Me?

拍数: 88 墙数: 2 级数: Intermediate
编舞者: Trish Badger (AUS) & Ray Graham (AUS)
音乐: What About Me - Shannon Noll



STOMP, HOLD X 3, STOMP, HOLD X 3

- 1-4 Stomp right forward, hold for 3 beats
5-8 Stomp left forward, hold for 3 beats

PIVOT TURN, SHUFFLE FORWARD, KICK BALL STEP, ½ MONTEREY

- 1-2 Step right forward, pivot half turn to the left
3&4 Shuffle forward (right, left, right)
5&6 Kick left forward, step left together, step right forward
7-8 Touch left toe to side, turn ½ turn left step left together

SIDE SHUFFLE, CROSS, SIDE, BEHIND, & CROSS, SIDE, RECOVER

- 1&2 Side shuffle to the right (right, left, right)
3-4-5&6 Cross left over right, step right to the side, step left behind, stepping the right to the side and slightly back, cross left over right
7-8 Step right to the side, recover weight back onto left

CROSS, SIDE, BEHIND & CROSS, BACK, TURN, TURN, BACK

- 1-2-3&4 Cross right over left, step left to the side, step right behind, stepping the left to the side & slightly back, cross right over left
5-8 Step left back, turning ½ turn right step right forward, turning ½ turn right step back on left, step back on right

SHUFFLE FORWARD, PADDLE TURN, ¼ TURN ROCK, RECOVER, ½ TURN ROCK, RECOVER

- 1&2-3-4 Shuffle forward (left, right, left), step right forward, turn ¼ turn left taking weight on the left
5-6 Turning ¼ turn left rock forward onto right, recover weight back onto left.
7-8 Turning ½ turn right rock forward onto right, recover weight back onto left

½ TURN ROCK, RECOVER, 1½ TURN, STOMP, HOLD X 3.

- 1-2 Turning ½ turn left rock forward onto right, recover weight back onto left
3&4 Turning 540 degrees right triple step (right, left, right)
5-8 Stomp left to side, hold for 3 beats

SIDE SHUFFLE, HINGE & SIDE SHUFFLE, SIDE SHUFFLE, HINGE & SIDE SHUFFLE

- 1&2-3&4 Side shuffle to the right (right, left, right), turning ½ turn to the left side shuffle to the left (left, right, left)
5&6-7&8 Side shuffle to the right (right, left, right), turning ½ turn to the right side shuffle to the left (left, right, left)

SAILOR STEP, SAILOR STEP, ROCK, RECOVER, ½ TURN, ½ TURN

- 1&2 Right sailor: step right behind left, step left to the side, step right to the side
3&4 Left sailor: step left behind right, step right to the side, step left to the side

2nd restart - 4th wall

- 5-6 Rock back onto right, recover weight forward onto left
7-8 Turning ½ turn left step back on the right, turning ½ turn left step forward on the left

DOROTHY, DOROTHY, ROCK, RECOVER, ½ TURN, ½ TURN

- 1-2& Step right forward at 45 degrees, lock left behind right, step right back

- 3-4& Step left forward at 45 degrees, lock right behind left, step left back
5-6 Step right forward, recover weight back onto left
7-8 Turning ½ turn right step right forward, turning ½ turn right step left back

½ TURN, TOGETHER, & ROCK, RECOVER, & ROCK, RECOVER, STOMP, STOMP

- 1-2 Turning ½ turn right step right forward, step left together
&3-4 Step right back slightly, rock forward onto left, recover weight back onto right
&5-6 Step left together, rock forward onto right, recover weight back onto left
7-8 Stomp right to side, stomp left to side

1st restart - 3rd wall

CROSS, SLOW UNWIND, HIPS

- 1-4 Cross right over left, unwind full turn to the left for 3 beats
5-8 Stepping right to side push hips right, left, right, left

REPEAT

RESTART

On the third (3rd) wall restart the dance after the first 80 counts. (leave off the last eight (8) counts)

On the fourth (4th) wall restart the dance after the first 60 counts. (complete the two (2) sailor steps then restart the dance from the beginning)

The start of the dance has optional arm movements similar to the start of "Swing Time Boogie". At the end of the dance add a large side step to the right and drag the left over to the right in 3 beats
