

# Me, Myself & I

拍数: 64      墙数: 2      级数: Intermediate  
编舞者: Ross Brown (ENG) - July 2009  
音乐: Forever - Måns Zelmerlöw : (CD: MZW - 3:27)



## Intro; 72 Counts (Approx. 33 Secs)

### **SIDE ROCK, RECOVER, CROSS. SIDE, TOGETHER. CROSS SHUFFLE. FULL TURN L CHASSE.**

- 1&2      Rock right to the right, recover onto left, cross step right over left.
- 3-4      Step left to the left, step right next to left.
- 5&6      Cross step left over right, close right up to left, cross step left over right.
- 7&8      Make a full turn left (travelling right) stepping; right, left, right.

#### **Alternative: Counts 7&8 can be replaced with a CHASSE RIGHT as follows;**

- 7&8      Step right to the right, close left up to right, step right to the right.
- (12 o'clock)

### **ROCK BACK ¼ TURN L, RECOVER. STEP, LOCK, STEP. SIDE. SAILOR ¼ TURN L. PIVOT ½ TURN R.**

- 1-2      Make a ¼ turn left rocking back with left, recover onto right.
  - 3&4      Step forward with left, lock right behind left, step forward with left.
  - 5      Step right to the right.
  - 6&7      Make a ¼ turn left stepping; behind with left, right next to left, forward with left.
  - 8      Pivot a ½ turn right.
- (12 o'clock)

### **SIDE STEP ¼ TURN R. SAILOR KICK BALL CROSS. SIDE. SAILOR KICK BALL CROSS.**

- 1      Make a ¼ turn left stepping left to the left.
  - 2&      Cross step right behind left, step left to the left.
  - 3&4      Kick right foot forward, step right next to left, cross step left over right.
  - 5      Step right to the right.
  - 6&      Cross step left behind right, step right to the right.
  - 7&8      Kick left foot forward, step left next to right, cross step right over left.
- (3 o'clock)

### **UNWIND ¾ TURN L, SWEEP. SAILOR PRESS. PRESS, STEP ¼ TURN L. SWEEP ¾ TURN L, TOUCH TOGETHER.**

- 1-2      Unwind a ¾ turn left, sweep left from infront of right to behind.
- 3&4      Cross step left behind right, step right to the right, press left to the left (angling body left).
- 5-6      Press right to the right (angling body right), make a ¼ turn left stepping forward with left.
- 7-8      Make a ¾ turn left sweeping right around, touch right next to left.

**Useful Hint: On the TOUCH TOGETHER, try to face the slightly towards the forward right corner.**  
(6 o'clock)

### **SIDE. SYNCOPATED JAZZ BOX. CROSS, SIDE. SAILOR STEP. CROSS.**

- 1      Step right to the right.
  - 2&3      Cross step left over right, step back with right, step left to the left.
  - 4-5      Cross step right over left, step left to the left.
  - 6&7      Cross step right behind left, step left to the left, step right to the right.
  - 8      Cross step left over right.
- (6 o'clock)

### **CHASSE RIGHT. ROCK BACK, RECOVER, SIDE. BEHIND, SIDE, CROSS. TOUCH, BALL, STEP ¼ TURN R.**

- 1&2      Step right to the right, close left up to right, step right to the right.

3-4-5            Rock back with left, recover onto right, step left to the left.  
6&7            Cross step right behind left, step left to the left, cross step right over left.  
8&1            Touch left to the left, step left slightly behind right, make a  $\frac{1}{4}$  turn right stepping forward with right.

(9 o'clock)

**STEP, SPIRAL  $\frac{3}{4}$  TURN R. MAMBO FORWARD. BACK, SIDE, CROSS.**

2-3            Step forward with left, make a  $\frac{3}{4}$  turn right hooking right across left shin.  
4&5            Rock forward with right, recover onto left, step back with right.  
6-7-8          Step back with left, step right to the right, cross step left over right.

**Restart On Wall 2, restart the dance at the end of this Section facing 12 o'clock.**

(6 o'clock)

**SIDE ROCK, RECOVER. CROSS SHUFFLE. REVERSE FULL TURN R ROLLING VINE. TOUCH.**

1-2            Rock right to the right, recover onto left.  
3&4            Cross step right over left, close left up to right, cross step right over left.  
5-6-7          Make a full turn right stepping; back with left ( $\frac{1}{4}$ ), forward with right ( $\frac{1}{2}$ ), left to the left ( $\frac{1}{4}$ ).  
8            Touch right next to left.

(6 o'clock)

**End of Dance. Start again and Enjoy!**

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