

# Hey This Is Me

COPPER KNOB  
BY STEPHEN BATES

拍数: 32      墙数: 2      级数: Intermediate  
编舞者: Sarah Jones (UK) & Wendy Swoish (UK) - February 2012  
音乐: This Is Me - Randy Travis



## 16 count intro

### Step Cross Rock, Sweep Sailor ¼ Left, Rock Recover, Right Back Lock Step

1-2-3      Step right to right side. Cross rock left over right. Recover onto right  
4&5      Sweep left behind right making ¼ turn left, Step right to right side. Step left in place  
6-7      Cross rock right over left. Recover onto left  
8&1      Step back on right, Lock left in front of right, Right Step back

### Rock Recover, Shuffle Full Turn, Sway, Sway, Shuffle ¼ Turn Right

2-3      Rock back on left angling body, recover on right  
4&5      Triple step full turn right, stepping - left right, left, travelling forward.  
6-7      Sway hips right left  
8&1      Right foot step right, close left to right, right foot step ¼ right

### Cross Unwind, Cross Shuffle, ¼ Left Point, Behind Side Cross

2-3      Cross left over right unwind making ½ turn right  
4&5      Cross left over right, step right to right side, step left over right  
6-7      Step ¼ turn right on right foot, point left to left side  
8&1      Step left behind right, step right to right, cross left over right

### Sway Sway, Heel & Point, Rock ¼ Left, Recover Right, Step Forward Left

2-3      Sway hips right, left  
4&5      Point right heels forward, right footstep in place, point left toe to left  
6-7-8      Rock back a ¼ left on left foot, recover weight onto right, step forward on left

Contact: [Wendy1983@gmx.co.uk](mailto:Wendy1983@gmx.co.uk)