

Just Me Ashleigh

COPPER **NOB**
BY STEPHEN

拍數: 48 牆數: 2 級數: Intermediate
編舞者: Helen Reeson (AUS) & Lynne Dugay (USA) - April 2014
音樂: Me - Ashleigh Dallas : (Album: Dancing With A Ghost)



Intro: 16 slow counts. Start dance just before vocals

[1-8] STEP, STEP-PIVOT-STEP, SHUFFLE FULL TURN, SIDE-ROCKCROSS-SIDE-BEHIND-SIDE

1,2&3 Step R fwd, Step L fwd, Pivot turn ½R wgt on R, Step L fwd ... 6.00
4&5 Travel fwd with full turn L stepping RLR (easy option: fwd shuffle)
6&7&8& L side, Rock to R, L across R, R side, L behind, R side

[9-16] CROSS, SIDE, SAILOR TURN 3/8 L, RHUMBA BOX FWD (x2)

1,2,3&4 Cross L over R, R to side, L behind (3), ¼L step R (&), 1/8L step L fwd
5&6,7&8 (face diagonal) R side, L beside, R fwd, L side, R beside, L fwd ... 2.30

[17-24] 1/8L TURN Scissor, ¼R, ½R, FWD SHUFFLE, FWD-TOG-BACK-KICK

1&2 Turn 1/8L Step R side, Step L beside R, Cross R over L ... 12.00
3,4,5&6 Travel to L side turn ¼R (hitch R knee), ½R, Shuffle fwd LRL ... 9.00
7&8& Step R fwd, Step L beside R, Step R back, Low kick with L

[25-32] BACK, BACK, BACK-LOCK-BACK, BACK-Tch-SIDE-Tch, V STEP**

1,2,3&4 Sweep L back, Sweep R back, Diagonal L back, Lock R across, L back
5&6&7&8& R45' Back, Tch L, L Side, Tch R, R Out 45'R, L Out, R Back, L beside

[33-40] SWIVEL, SHUFFLE ¼R, FWD-BACK-TOE STRUTS, BACK-½R-STEP

1& Dwight swivel: Fan L heel to L & Fan R Toes to R (1), Return (&)
2&3,4& R side, L together, Turn ¼R step R fwd, L fwd, Rock back on R ... 12.00
5&6&7&8 Toe struts back: L (5&), R (6&), then L back, ½R fwd R, Fwd L ... 6.00

[41-48] STOMP, ¼L (HEEL BOUNCES), STOMP, ¼L (HEEL BOUNCES), CROSS-&-SIDE-&-BACK-&-STEP-PIVOT ¼L

1&2 Stomp R fwd (1), Bounce on heels turning 1/8L (&), Bounce again 1/8L (2)
3&4 Stomp R fwd (3), Bounce 1/8L (&), Bounce 1/8L (4) ... 12.00
5&6& (Weight on L) Cross R over L, Recover wgt on L, R Side, Recover wgt on L
7&8& Rock back on R, Recover wgt on L, Step R fwd, Turn ½L (wgt on L) ... 6.00

... Start again

TAG & RESTART - Wall 2, after V step (count 32) facing 3.00, Add:
DWIGHT SWIVEL (x2), STEP, PADDLE ¼L ... Restart at 12.00**

1&2&3,4 Fan L heel to L & R Toes to R (1), Return (&), RPT (2&), Fwd R (3), ¼L wgt L (4)

Contact: reeson.helen@gmail.com - roses3@netspace.net.au