

# Please Me

拍數: 64      牆數: 2      級數: Intermediate  
編舞者: Kate Sala (UK) & Dee Musk (UK) - November 2015  
音樂: Please - Rod Stewart : (Album: Another Country)



**Intro: Start 32 counts after first heavy beat - about 42 seconds in.**

## **S1: STEP FORWARD, FORWARD COASTER STEP, DRAG, COASTER STEP, STEP FORWARD WITH HIP BUMPS**

1 2 & 3      Step forward on R. Step forward on L. Step R next to L. Long Step back on L.  
4              Drag R towards L.  
5 & 6        Step back on R. Step L next to R. Step forward on R.  
7 & 8        Step forward on ball of L bumping hips forward, bump hips back, Bump hips forward taking weight on

## **S2: STEP FORWARD, PIVOT 1/4 TURN LEFT, KICK, OUT, OUT, SAILOR STEP 1/4 TURN RIGHT, STEP, SWEEP 1/4 TURN LEFT**

1 2            Step forward on R. Pivot 1/4 turn left. (9:00)  
3 & 4        Kick R across L. Step R out to right side. Step L out to left side.  
5 & 6        Cross step R behind L. Turn 1/4 right stepping L to left side. Step forward on R. (12:00)  
7 8           Step forward on L. Sweep R round from back to front making 1/4 turn left. (9:00)

## **S3: CROSS SHUFFLE, SIDE ROCK LEFT, RECOVER, BEHIND, SIDE, CROSS, HOLD, BALL STEP FORWARD**

1 & 2        Cross step R over L. Step L to left side. Cross right over L.  
3 4           Side rock out on L to left side. Recover on to R.  
5 & 6        Cross step L behind R. Step R to right side. Cross step L over R.  
7 & 8        Hold, Step on ball of R to right side. Step forward on L

## **S4: ROCK FORWARD, RECOVER, TRIPLE FULL TURN RIGHT, FORWARD, TAP, BACK WITH KICK, COASTER STEP**

1 2            Rock forward on R. Recover on to L.  
3 & 4        Triple step full turn right on R, L, R.  
5 & 6        Step forward on L. Tap R behind L. Step back on R Low Kicking L forward.  
7 & 8        Step back on L. Step R next to L. Step forward on L.

**(Add the BRIDGE here during wall 2)**

## **S5: WALK X 2, MAMBO 1/4 TURN RIGHT, CROSS, TURN 1/4 LEFT, BACK, TURN 1/4 RIGHT**

1 2            Walk forward on R, L.  
3 & 4        Rock forward on R. Recover on to L. Turn 1/4 right stepping R to right side. (facing 12 o'clock)  
5 6           Cross L over R. Turn 1/4 left stepping back on R.  
7 & 8        Step back on L, Turn 1/4 right stepping R to right side. Cross L over R. (facing 12 o'clock)

## **S6: SIDE ROCK, RECOVER, BEHIND, SIDE CROSS, HINGE 1/2 RIGHT, SHUFFLE FORWARD**

1 2            Rock out on R to right side. Recover on to L.  
3 & 4        Cross step R behind L. Step L to left side. Cross step R over L.  
5 6           Turn 1/4 right stepping back on L. turn 1/4 right stepping R to right side.  
7 & 8        Step forward on L. Step R next to L. Step forward on L. (6:00) (Restart from here during wall 2)

## **S7: STEP FORWARD WITH HIP BUMPS, KICK BALL STEP, ROCK, RECOVER, TOE SWITCHES R, L**

- 1 & 2 Step forward on ball of R bumping hips forward, bump hips back, Bump hips forward taking weight on R
- 3 & 4 Kick L forward. Step down on ball of L. Step forward on R.
- 5 6 Rock forward on L. Recover on to R.
- &7&8& Bring L next to R and touch R toe forward, Step R next to L, Touch L toe forward, Step L next to R

**S8: ROCK, RECOVER, TURN 1/2 & 1/4 X 2 RIGHT, HOLD, BALL STEP FORWARD ON R, L**

- 1 2 Rock forward on R, Recover,
- 3 4 Turn 1/2 right stepping forward R, Turn 1/4 right stepping L to left side.
- 5 6 Turn 1/4 right stepping R out to right side, Hold,
- & 7 8 Step ball of L next to R. Walk forward on R, L. (6:00)

**Start Again!**

**\*Bridge: Dance the following 8 counts after 32 counts during wall 2, facing 3 o'clock.**

- 1 2 3 4 Long step right on R. Drag L in towards R. Cross rock L behind R. Recover on R.
- 5 6 7 8 Long step left on L. Drag R in towards L. Cross rock on R behind L. Recover on L

**\*Restart: After the bridge dance a further 16 counts of the dance and then start the dance from the beginning, facing the front wall.**

**Ending: Dance counts 1 - 4 of section 5 facing front wall and drag L in towards R. Taa Daal!**

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