

# Focus On Me

拍數: 64      牆數: 2      級數: Phrased Intermediate / Advanced  
編舞者: Jean-Pierre Madge (CH) - November 2015  
音樂: Focus - Ariana Grande



## Part A – 32 counts

### A1: Step Touch x2, Step Back, Together, Shuffle, Full Turn

1&2      Step R back (1), Touch L to L (&), Step L back (2),  
&3      Touch R to R (&), Step R back (3)  
&4      Step L back (&), Step R next L (4)  
5&6      Shuffle forward L (5), R (&), L (6)  
7&8      Full turn L stepping R (7), L (&), R (8) □ 12 o'clock

### A2: Step, Swivel Heels, Ball Step, Cross Shuffle, Rock and Cross

1&2      Step L forward (1), swivel R heel ¼ L (&), Swivel L heel ¼ L (2)  
&3      Swivel L heel ¼ R (&), Swivel L heel ¼ R (3)  
&4      Step L next R (&), Step R forward (4)  
5&6      ¼ L Cross L over R (5), Step R to R (&), Cross L over R (6)  
7&8      Rock R to R (7), recover on L (&), cross R over L (8) □ 9 o'clock

### A3: Kick Step, Lock Step, Kick Step, Touch, Hips L , Hips R

1&2&      Kick L to L diagonal (1), Step L to L (&), lock R behind L (2), Step L to L (&)  
3&4      Kick R over L (3), Step R cross over L (&), Touch L next R (4)  
5&6      ¼ L and bump hips to L twice (5&6)  
7&8      Bump hips to R twice (7&8) □ 6 o'clock

### A4: Cross, Back, Chasse L, Cross Back, Rock, Recover

1-2      Cross L over R (1), Step R back (2)  
3&4      Chassé L (3), R (&), L to L (4)  
5-6      Cross R over L (5), Step L back (6)  
7-8      Rock R to R diagonal (7), Recover (8)

## Part B – 32 counts

### B1: Step, Behind ¼ Forward, Pivot ½, Walk x2, Pivot ½, Sweep ½

1      Step R to R (1)  
2&3      Cross L behind R (2), ¼ R step R forward (&), Step L forward (3) 9 o'clock  
4      ½ R weight on R (4) □ 3 o'clock  
5-6      Step L forward (5), Step R forward (6)  
7-8      ½ L Step L forward (7), Stay on L foot for another ½ turn L sweeping R forward (8)

### B2: Touch, Back, Touch and Touch, Cross Side, Sailor ¼

1-2      Touch R forward (1), Step R back (2)  
3&4      Touch L to L (3), Step L next R (&), Touch R to R (4)  
5-6      Cross R over L (5), Step L to L (6)  
7&8      Sailor Step ¼ R, R (7), L (&), R (8) 6 o'clock

### B3: Full Circle R : Walk, Walk, Shuffle, Walk, Walk, Shuffle

1-2      1/8 R Step L forward (1), 1/8 R Step R forward (2)  
3&4      Shuffle ¼ R, L (3), R (&), L (4)  
5-6      1/8 R Step R forward (5), 1/8 R Step L forward (6)  
7&8      Shuffle ¼ R, R (7), L (&), R (8)

**B4: Mambo Forward, Mambo Back, Rocking Chair, Step, Hitch**

1&2 Mambo L forward (1), recover on R (&), Step L next R (2)  
3&4 Mambo R back (3), recover on L (&), Step R next L (4)  
5&6& Rock L forward (5), Recover on R (&), Rock L back (6), Recover on R (&)  
7-8 Step L forward (7), Hitch R knee (8)

**Tag 1:**

1-2-3 Bump hips to R (1), Bump hips to L (2), Bump hips to R (3)  
4 Body roll to L from head to toes transferring weight to L (4)

**Tag 2**

1-2-3 Step R to R (1), Swing your hips clockwise ending weight on L (2-3)  
4 Raise your R hand up and touch your little star who travel with you everywhere (4)

**Sequence: A.B. A.A.B. A.TAG1. A.B.TAG2. A.A**

**Hope that you enjoy this dance !**

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