

That's Me

拍數: 64 牆數: 2 級數: Phrased Intermediate
編舞者: Gemma Ridyard (UK) & Lyn Ridyard (UK) - January 2017
音樂: Me Too - Meghan Trainor



Seq: A,B,A Tag, A,B,A, A,B,A, A

Part A

A1: Cross side sailor step, L rocking chair, heel twist left

1-2 Cross RF over L (1) Step LF to L side (2)
3&4 Step RF Behind LF (3) Step LF to L side (&) Step RF to R side (4) (1.30)
5&6& LF rocks forward (5) Replace weight to RF (&) rock Lf Back (6) replace weight to RF (&)
7&8 touch LF forward (7) Twist both heels to the L (&) twist both heels back weight finishes on RF (8) (1.30)

A2: Ball walk walk, side close hold, walk around turn

&1,2 Step LF next to RF (&) Step Forward on RF (1) Step Forward on LF (2)
&3,4 Step RF to R side (&) Make a ¼ turn left close LF next to RF facing 11.30 (3) Hold (4)
5,6,7,8 Step RF (5) step LF forward Making 1/8 turn L (6) Make an 1/8 turn L step RF forward (7)
 Make 1/8 turn L step LF forward (8) (6.00)

A3: Forward rock RF, Cross and Cross, out, Cross LF unwind Full turn big side step R, touch L

1&2& Rock RF forward (1) Replace weight to LF make 1/8 turn left (&) (5.30) Cross RF over LF (2)
 step back on LF (&) (5.30)
3&4 Cross RF over LF (3) step back on LF (&) Step RF to R side making 1/8 turn R (4) (6.00)
5-6 Cross LF over RF (5) Keeping weight on LF unwind full turn R (6)
7-8 Step RF big side step to R (7) touch LF next to RF facing 7.30 (8)

Styling on count 7 shimmy shoulders

A4: L forward mambo, R Coaster Step, ½ turn, ½ turn, L sailor ¼ turn

1&2 Rock LF forward (1) Replace weight to RF (&) Step LF back (2) (7.30)
3&4 Step Rf Back (3) Close LF next to RF (&) Step RF forward (4)
5-6 Turn ½ turn left (5) Turn ½ turn L step RF back (6)
7&8 Step LF Behind R (7) make a ¼ turn L step RF to R side (&) (5.30) step LF to L side (8)
 (5.30)

Part B

B1: Hip roll anti clockwise, hitch L knee, ball cross side, R toe unwind ½ turn

1,2,3,4 Hip rolls anti clockwise X3 (1,2,3) hitch L knee up (4)
&5-6 Step LF next to R (&) Cross RF over LF (5) step LF to L side (6)
7-8 Touch R toe Behind LF (7) unwind half turn R weight finishes on RF (8) (12.00)

B2: Hip rock F & B, Ball step ½ turn, step touch, step touch

1-2 rock LF forward (1) rock weight B on to RF pushing hips back (2)
&3-4 step LF next to RF (&) step RF forward (3) turn ½ turn left (4) (6.00)
5-6 Step RF forward to R diagonal (5) touch L toe next to RF (6)
7-8 Step LF forward to L diagonal (7) touch R toe next to LF (8)

B3: R Cross, ¼ step LF back, hold, Ball step, R Cross, ¼ step LF back, hold, Ball step

1-2 Cross RF over LF (1) Make a ¼ turn R big step back RF (2) (9.00)
3&4 Hold (3) step RF next to LF (&) step LF forward (4)
5-6 Cross RF over LF (5) Make a ¼ turn R big step back RF (6) (12.00)
7&8 Hold (7) step RF next to LF (&) step LF forward (8)

B4: □ Step RF diagonally forward x3 bumps, touch LF, LF forward rock, L coaster step

1,2,3,4 Step RF diagonally forward bumping R hip (1) (11.30) Bump L hip back (2) Bump R hip forward (3) touch LF next to RF (4) (11.30)
5-6 rock LF forward (5) replace weight to RF (6)
7&8 step LF back (7) step RF next to LF (&) step LF forward (8) (11.30)

Tag: 8 counts

1,2,3,4 Hip rolls anti clockwise X3 (1,2,3) hitch L knee up (4)
5-6 rock LF forward (5) replace weight to RF (6)
7&8 step LF back (7) step RF next to LF (&) step LF forward (8) (5.30)

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