

# This Is Me (In Nashville)

**COPPER KNOB**  
BY SHEETS

拍數: 32      牆數: 4      級數: Improver  
編舞者: Karen Kennedy (SCO) - January 2017  
音樂: This Is Me - Derek Ryan : (Album: This Is Me, Nashville Songbook or Single)



Music Download:- iTunes & Amazon, plus other music stores.

Intro:- 16 counts just before vocals kick in

## RIGHT CHASSE, ROCK BACK, RECOVER, ¼ LEFT TRAVELLING SHUFFLE BACK, ½ TURNING SHUFFLE

1&2      Step right to right side, close left beside right, step right to right side  
3 -4      Rock back on left, recover on right  
5&6      ¼ turn right stepping back on left, close right beside left, step left back (3.00)  
7&8      Over right shoulder ½ turning shuffle – stepping forward on right, left, right (9.00)

## ROCK FWD, RECOVER, ¼ LEFT CHASSE, RIGHT SAILOR, LEFT SAILOR WITH ¼ TURN

1 -2      Rock forward on left, recover on right,  
3&4      ¼ turn left stepping left to left side, close right beside left, step left to left side (6,00)  
5&6      Cross right behind left, step left to left side, step right to right side  
7&8      Cross left behind right taking ¼ turn left, step right to right side, step left to left side (3.00)

\* Restart: during wall 4

## CROSS ROCK, RECOVER, RIGHT CHASSE, CROSS STEP, LEFT SAILOR WITH ¼ TURN

1 -2      Cross right over left, recover on left  
3&4      Step right to right side, close left beside right, step right to right side  
5 -6      Cross step left over to right side, step right to right side  
7&8      Cross left behind right taking ¼ turn left, step right to right side, step left to left side (12.00)

## RIGHT CHASSE, ROCK BACK, STEP ¼ TURN, ½ TURN, LEFT SHUFFLE

1&2      Step right to right side, close left beside right, step right to right side  
3 -4      Rock back on left, recover on right  
5 -6      ¼ turn right stepping back on left (9.00), ½ turn right stepping forward on right (3.00)  
7&8      Step left forward, close right beside left, step left forward (9.00)

## START DANCE AGAIN

Note:- During wall 4 dance first 16 counts and Restart dance facing back wall.

Contact: [karencazza@aol.com](mailto:karencazza@aol.com) or [karen@nulinedance.com](mailto:karen@nulinedance.com)  
Website for more details :- <http://karennulinedance.weebly.com>