

This Is Me

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Joshua Talbot (AUS) - June 2018
音樂: This Is Me - Bouke : (Album: This Is Me - Itunes - 3:34)



#32 Count Introduction from the word "Hey", start on main Lyrics

[1-8] SIDE SHUFFLE, ROCK BACK, RECOVER, PIVOT ½, PIVOT ½

1&2 Step R to R, step L together, step R to R
3 4 Rock L straight back, recover weight R
5 6 Step L fwd, ½ turn R taking weight R
7 8 Step L fwd, ½ turn R taking weight R

[9-16] SIDE SHUFFLE, ROCK BACK, RECOVER, PIVOT ½, PIVOT ¼

1&2 Step L to L, step R together, step L to L
3 4 Rock R straight back, recover weight L
5 6 Step R fwd, ½ turn L taking weight L
7 8 Step R fwd, ¼ turn L taking weight L

[17-24] CROSS WEAVE, HEEL, CROSS, ¼, SHUFFLE BACK

1 2 3 Cross R over L, step L to L, step R behind L (opening body to face 7.30)
4 Touch L heel in place (still crossed over R facing 7.30)
5 6 Step L over left, ¼ turn L step R back (straightening to 12.00)
7&8 Step L back, step R together, step L back

[25-32] BACK ROCK, RECOVER, ¼ SIDE SHUFFLE, BEHIND, RECOVER, STEP, TOUCH

1 2 Rock R back, recover weight L
3&4 ¼ turn R step R to R, step L together, step R to R
5 6 Rock L behind R, recover weight R
7 8 Step L to L, touch R together

[32] counts

Tag: End of wall 3 (facing 3 o'clock) and 14 (facing 6 o'clock) add the following 4 counts:

1 2 3 4 Step R to R, touch L together, Step L to L, touch R together

Finish: Dance to count 32 facing the front then quickly run forward RLRL with the last beat of the music

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