

This Is Me, Alan

拍數: 48 牆數: 1 級數: Improver
編舞者: Tom Inge Soenju (NOR) - September 2018
音樂: This Is Me (Alan Walker Relift) - Keala Settle & The Greatest Showman Ensemble : (Album: The Greatest Showman OST)



Music Availability: Available on iTunes, Google Play and Amazon.

Note: This is a "mirrored" line dance, meaning the second 24 counts are the same as the first 24, but opposite footwork and directions.

Intro: 16 counts

Sequence: Repeating sequence.

Tag/Restart: No tags or restarts

End: When music ends you have LF crossed over RF, then unwind ½ turn to your right holding your arms out.

Section 1: CROSS, SIDE, ¼ R COASTER STEP, ¼ R STEP, ¼ R SAILOR STEP, CROSS

- 1 Cross RF over LF
- 2 Step LF to left side
- 3 & 4 Quarter turn to your right (3:00) stepping back on RF and step LF next to RF, step RF forward
- 5 Quarter turn to your right (6:00) stepping LF to left side
- 6 & 7 Quarter turn to your right (9:00) stepping back on RF, step LF to left side and step RF to right side
- 8 Cross LF over RF

Section 2: SWAY R/L, BALL-CROSS, RECOVER-BALL-CROSS, ¼ R TURN-STEP, ½ R SHUFFLE TURN

- 1 Rock RF to right side
- 2 & 3 Recover weight onto LF, step ball of RF next to LF and cross LF over RF
- 4 & 5 Recover weight onto RF, step ball of LF next to RF and cross RF over LF
- 6 Quarter turn to your right (12:00) stepping back on LF
- 7 & 8 Quarter turn to your right (3:00) stepping RF to right side (7) and step LF next to RF (&), Quarter turn to your right (6:00) stepping RF forward (8)

Section 3: DOROTHY STEPS L/R, SYNC F ROCK STEPS L/R - BALL

- 1 Step LF diagonally (4:30) forward
- 2 & Lock RF behind LF and step diagonally forward on LF
- 3 Step RF diagonally (7:30) forward
- 4 & Lock LF behind RF and step diagonally forward on RF
- 5 Rock LF forward
- 6 & Recover weight onto RF and step ball of LF next to RF
- 7 Rock RF forward
- 8 & Recover weight onto LF and step ball of RF next to LF

Section 4: CROSS, SIDE, ¼ L COASTER STEP, ¼ L STEP, ¼ L SAILOR STEP, CROSS

- 1 Cross LF over RF
- 2 Step RF to right side
- 3 & 4 Quarter turn to your left (9:00) stepping back on LF and step RF next to LF, step LF forward
- 5 Quarter turn to your left (12:00) stepping RF to right side
- 6 & 7 Quarter turn to your left (3:00) stepping back on LF, step RF to right side and step LF to left side
- 8 Cross RF over LF

Section 5: SWAY L/R, BALL-CROSS, RECOVER-BALL-CROSS, ¼ L TURN-STEP, ½ L SHUFFLE TURN

- 1 Rock LF to left side
- 2 & 3 Recover weight onto RF, step ball of LF next to RF and cross RF over LF
- 4 & 5 Recover weight onto LF, step ball of RF next to LF and cross LF over RF
- 6 Quarter turn to your left (6:00) stepping back on RF
- 7 & 8 Quarter turn to your left (9:00) stepping LF to left side (7) and step RF next to LF (&), Quarter turn to your left (12:00) stepping LF forward (8)

Section 6: DOROTHY STEPS R/L, SYNC F ROCK STEPS R/L - BALL

- 1 Step RF diagonally (1:30) forward
- 2 & Lock LF behind RF and step diagonally forward on RF
- 3 Step LF diagonally (10:30) forward
- 4 & Lock RF behind LF and step diagonally forward on LF
- 5 Rock RF forward
- 6 & Recover weight onto LF and step ball of RF next to LF
- 7 Rock LF forward
- 8 & Recover weight onto RF and step ball of LF next to RF

Start again and enjoy! Happy Dancing!

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