

My Story

拍數: 64 牆數: 2 級數: Phrased Improver
編舞者: Tya Paw (INA) & Roosamekto Mamek (INA) - February 2019
音樂: My Story - Loren Gray



Intro : 16 count

SEQUENCE:

A, B
A, A(16), B
A, A, A, B
A

PART A (32 COUNT)

A1: TOUCH, HITCH, TOGETHER, CUMBIA

1&2 Touch R forward - Hitch R knee up - Step R together (12:00)
3&4 Touch L forward - Hitch L knee up - Step L together
5&6 Rock R behind L - Recover on L - Step R to side
7&8 Rock L behind R - Recover on R - Step L to side

A2: FORWARD MAMBO, COASTER STEP, FORWARD, PIVOT 1/2 TURN LEFT (2X)

1&2 Rock R forward - Recover on L - Step R back (12:00)
3&4 Step L back - Step R together - Step L forward
5-8 Step R forward - Turn 1/2 left - Step R forward - Turn 1/2 left (12:00)

A3: SCISSOR STEPS, SWITCH TOUCHES, BIG SIDE STEP, DRAG AND TOUCH

1&2 Step R to side - Step L together - Cross R over L (12:00)
3&4 Step L to side - Step R together - Cross L over R
5&6& Touch R to side - Touch R together - Big step R to side drag L toward R - Touch L together
7&8& Touch L to side - Touch L together - Big step L to side drag R toward L - Touch R together
(12:00)

A4: SYNCOPATED TOUCH, TOGETHER, JAZZ BOX

1&2& Touch R forward - Step R together - Touch L forward - Step L together (12:00)
3&4& Touch R forward - Step R together - Touch L forward - Step L together
5-8 Cross R over L - Step L back - Step R to side - Step L forward (12:00)

PART B (32 COUNT)

B1: MODIFIED TIME PLACE (R & L), TIME PLACE WITH TURN 1/4 LEFT (2X)

1-2& Step R to side - Step L together - Step R in place
3-4& Step L to side - Step R together - Step L in place
5-6& Turn 1/4 left step R to side - Step L together - Step R in place (9:00)
7-8& Turn 1/4 left step L to side - Step R together - Step L in place (6:00)

B2: FORWARD LOCKED SHUFFLE, MAMBO TURN 1/4 RIGHT, CROSS ROCK

1&2 Step R forward - Lock L behind R - Step R forward (6:00)
3&4 Step L forward - Lock R behind L - Step L forward
5&6 Rock R forward - Recover on L - Turn 1/4 right step R to side (9:00)
7&8 Cross/Rock L over R - Recover on R - Step L to side

B3: CROSS SHUFFLE (R & L), CHASSE TURN 1/4 RIGHT (2X)

1&2 Cross R over L - Step L to side - Cross R over L (9:00)
3&4 Cross L over R - Step R to side - Cross L over R

5&6 Step R to side - Step L together - Turn 1/4 right step R forward (12:00)

7&8 Turn 1/4 right step L to side - Step R together - Step L to side (3:00)

B4: TIME PLACE (R & L), JAZZ BOX TURN 1/4 RIGHT

1&2 Step R together - Step L in place - Step R to side (3:00)

3&4 Step L together - Step R in place - Step L to side

5-8 Cross R over L - Turn 1/4 right step L back - Step R o side - Step L forward (6:00)

REPEAT

For more info about song & step sheet please contact: Roosamekto.Nugroho@gmail.com
