

On Me

拍數: 32 牆數: 4 級數: Absolute Beginner
編舞者: Sherry Kemp (USA) - May 2020
音樂: Rain On Me - Lady Gaga & Ariana Grande : (amazon)



(Chromatica Lady Gaga VEVO on Youtube)

Alternative music:

Philosophy by Baio (Man of the World) 2:56 BPM 115

Hangover by Charlotte OC 3:38 BPM 97

Intro: 10 sec in, start on lyrics "time"

No Tags Or Restarts

(1-8) Forward right and left side touches, back right and left side touches (all with fist rolls)

1,2 Step forward R, L touch
3,4 Step L left, step R touch
5,6 Step R back right, L touch
7,8 Step L left, R touch

(Fists roll on same count toward the side, up on forward, downward on back)

(1-8) V step, hip rolls left to right (Side angled hip rolls are optional)

1,2 Step R diagonally right, step L diagonally left
3,4 Step R back center, L back
5,6 Hip roll left
7,8 Hip roll right

(1-8) Vine right 1/4 turn right, vine left with touch

1,2,3,4 Step R right, step L behind R, step R 1/4 turn right, L brush
5,6,7,8 Step L left, step R behind L, L left, R touch

(1-8) Left, right, right, left turning step touches (Sharp turn styling)

1,2 Step R forward turning left, L touch
3,4 Step L back turning right, R touch
5,6 Step R back turning right, L touch
7,8 Step L forward turning left, R touch

(Finish option) To end at 12:00, on the third wall of third rotation on count six touch facing 12:00 do not turn, step L, hold, point right and present on 8 of the last 8 counts on words "On Me".

Contact: sherhope@hotmail.com

Please copy in full original format with no alterations.

Last Update - 26 May 2020