

Me and Yourself

拍數: 60 牆數: 1 級數: High Intermediate
編舞者: Wandy Hidayat (INA) - October 2020
音樂: Aku Dan Dirimu (feat. Ari Lasso) - Bunga Citra Lestari



I. NC, ¼ TURN L VINE, ½ TURN R

- 1 Long step R to side
- 2&3 Step L slightly behind R, cross R over L, ¼ turn L stepping L fwd and sweep R (9.00)
- 4&5 Cross R over L, step L to side, cross R behind L and sweep L
- 6&7 Cross L behind R, step R to side, cross L over R (10.30)
- 8 ½ Turn R slowly (4.30)

II. BACK, ¾ TURN L, 1 ½ TURN R, VINE, 3/8 TURN L

- 1 Step R back
- 2&3 Recover on L, ½ Turn L stepping R back, ¼ turn L stepping L to side (7.30)
- 4&5 ¼ Turn R stepping R fwd, ½ turn R stepping L back, ½ turn R stepping R fwd (square to 12.00) sweep L from back to front
- 6&7 Cross L over R, step R to side, cross L behind R sweep R
- 8& Cross R behind L, 3/8 turn L stepping L fwd (7.30)

III. CROSS, SIDE, SWEEP, BEHIND, SIDE, SWEEP, BEHIND, SIDE, CROSS, HITCH, ¾ TURN R

- 1 Cross R over L
- 2&a3 Recover on L (squareing to 9.00), step R to side, step L to side, cross R behind L and sweep L
- 4&a5 Cross L behind R, step R to side, step L to side, cross R behind L and sweep L
- 6&a7 Cross L behind R, step R to side, cross L over R, ¾ turn R hitch R
- 8 Point R to side

IV. FULL TURN 2 ½ X, SAILOR STEP

- 1&a ¼ Turn R stepping R fwd, ½ turn R stepping L back, ½ turn R stepping R fwd
- 2&a3 ½ Turn R stepping L back, ½ turn R stepping R fwd, ½ turn R stepping L back, sweep R
- 4&a Cross R behind L, step L to side, step R to side
- 5-8 Cross L over R (raise arms from side bottom up)

V. SIDE, LIFT SIDE, CROSS, SIDE, CROSS, ½ TURN R-L, NC

- 1 Step R to side and lift L to side
- 2&a Cross L over R, step R to side, cross L over R
- 3-4 ½ Turn R, ½ turn L
- 5-6& Long step R to side, step L slightly behind R, cross R over L
- 7-8& Long step L to side, step R slightly behind L, cross L over R

VI. ¼ TURN R, HINGE ½ TURN, CROSS, ¼ TURN L HITCH, FWD, ½ TURN R, BACK, BACK

- 1-2& ¼ Turn R stepping R fwd and sweep L, cross L over R, ¼ turn L stepping R back
- 3-4 ¼ Turn L stepping L to side, recover on R
- 5 Cross L over R and ¼ turn L hitch R
- 6&a Step R fwd, ½ turn R stepping L back, step R back
- 7-8 Step L back, step R back

VII. BACK, BACK, HITCH, BEHIND SIDE, FWD HITCH, FWD, LIFT, SWING, UNWIND

- 1-2 Step L back, step R back and hitch L
- 3&4 Cross L behind R, step R to side, step L fwd and hitch R
- 5-6 Step R fwd, recover on L and lift R and swing to R

7-8 Cross R behind L, ½ R unwind

VIII. FWD, SWEEP, BEHIND, SIDE, CROSS

1-2 Step L fwd, recover on R and sweep L

3&4 Cross L behind R, step R to side, cross L over R

Tag 1: NC R-L, SIDE, SIDE, CLOSE, BEND

1-2& Long step R to side, step L slightly behind R, cross R over L

3-4& Long step L to side, step R slightly behind L, cross L over R

5-6 Step R to side and raise the arms

7-8 Close R next to L, bend down the knee

Tag 1 after wall 2

Tag 2: WEAVE

1-2& Cross L over R and sweep R, cross R over L, step L to side

3-4& Cross R behind L and sweep L, cross L behind R, step R to side

Tag 2 on wall 3 after 44 counts

Enjoy the dance

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