

Only Me

拍數: 32 牆數: 4 級數: Improver
編舞者: Helma Yoga (INA) - December 2021
音樂: It's Only Me (Studio Version) - Kaleb J



Start dance after intro 8c

#1 *FORWARD LUNGE - FULL TURN - COASTER STEP (with hitch) - DIAMOND 1/4 TURN LEFT*

1-2& R forward with lunge , recover on L , 1/2 turn right step R forward (06.00)
3-4& 1/2 turn right step L back (12.00) , R back , L beside R
5-6& R forward with knee up on L , cross L over R , 1/8 turn left step R back (10.30)
7-8& L back , R back , 1/8 Turn left step L to side (09.00)

#2 *FORWARD (sweep) - BACK (sweep) - CROSS ROCK - 1/4 TURN RIGHT - FORWARD - SWIVEL 1/2 TURN RIGHT - SWIVEL 1/2 TURN LEFT*

1-2& R forward with L sweep , L cross over R , R to side
3-4& L cross behind R with R sweep back , R cross behind L , L to side
5-6& cross R over L , recover on L , 1/4 turn right R forward (12.00))
7-8& L forward , swivel 1/2 turn right , swivel 1/2 turn left with sweep on R (weight on L)

#3 * WEAVE SYNCOPATE - CROSS ROCK - DRAG SIDE - 1/4 TURN LEFT WITH ARABESQUE - FORWARD - PIVOT 1/2 LEFT*

1&2& cross R over L , L to side , R behind L , L to side
3&4& cross R over L , recover on L , R to side slightly , touch L beside R (12.00)
5-6 1/4 turn left L forward with lifting Right foot , R forward (09.00)
7-8& 1/2 turn left step L in the place , R forward , Touch L beside R (03.00)

#4 *TRAVELING TURN (L-R) - NC*

1-2& 1/8 turn left step L to side , recover on R , 1/8 turn right step L to side (06.00)
3-4& 1/8 turn right step R to side , Recover on R , 1/8 turn left step R touch beside L (06.00)
5-6-& R to side , L behind R , R ball in the place
7-8-& L to side , R behind L , L ball in the place

Tag : 4c after wall 2

STEP SIDE TOUCH (R-L)

1-4 R slightly to side , L touch beside R , L slightly to side , R touch beside L (weight on L)