

My My

拍數: 48 牆數: 2 級數: Intermediate
編舞者: Rebecca Widney (USA) - 23 November 2020
音樂: My My (feat. Dez) - Burn County



Sequence: A, A, B, B, A, A B, B, A, A, B, A, A, A, A

Intro 16 seconds (begins with the lyrics)

PART A: 16c

[1-8] out/ out – in/in – Shake (x2) – two pivot 1/2 turns

1&2& (1) step out right (&)step out left, (2)step in the right (&)step in left
3,4 (3) shake, shake
5,6 (5) pivot turn stepping with R foot
7,8 (7) pivot turn stepping with R foot

[9-16] rock forward (r)- triple step ½ turn- rock forward L- left coaster step

1,2 (1) rock forward right (2) recover
3&4 (3&4) triple step turning over the right shoulder for 1/2
5,6 (5) rock forward left and recover
7&8 (7) Rock forward on left, recover on right, step back on left

PART B: 32c

[1-8] Scuff right ¼ turn, side rock hop, left sailor ¼ turn, right toe, left heel

1, 2 (1) scuff right rocking out for a ¼ turn to the left
3&4 (3) step in right (&4) step out left with a rock
5&6 (5) left sailor step with ¼ turn left
7&8 (7) right toe,(&) step right together,(8) left heel

[9-16] right step, rock out left ¼ turn, grapevine right, right heel grind, right coaster step

1, 2 (1) Step RF forward (2) step out left with a ¼ turn right
3&4 (3) grapevine to the right
5,6 (5) R heel grind for ¼ turn right, step back on left
7&8 Rock forward on right, recover on left, step back on right

[17-24] rock out left ¼ turn, bump, rock behind (R), step(R), rock behind left heel, body roll

1, 2 (1) step out left for ¼ turn to the right with a rock, hip bump
3, 4 (3) step right behind rock, recover stepping out right,
5, 6 (5) step behind left, recover weight on the right, and touch the left heel forward
7 & 8 (7) body rolls or hold for 2

[25-32] angled cross and cross, rocking chair, step, ½ turn, triple step let

&1&2 (1-2) Step onto the left, cross right over left, step left to left side, cross right over left (angled over left shoulder)
&3&4 (3) step together left to complete ¼ over left, rock forward right, recover left, rocker back on right foot
&5&6 (5) step forward left, step right pivot ½ turn over left shoulder
7, 8 (7) step forward left, together right, step forward left

Edits by Sydney Radcliffe

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