

To Know Me

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Alison Metelnick (UK) & Peter Metelnick (UK) - October 2023
音樂: To Know Me - Lauren Daigle



#16 count intro – approx. 14secs – 68bpm – 3mins 31secs

Music Available: Amazon

[1-8&] R side, L behind L, R side, L cross rock/recover, L side rock/recover, L behind, sweep R behind L, $\frac{1}{4}$ L, L fwd, R fwd, L full turn spiral, L fwd, R fwd (or on count '&' you can start to create a full left turn finishing the turn on count '9' below, in other words $\frac{1}{2}$ L, R back, $\frac{1}{2}$ L, L fwd)

1-2& Step R side, cross L behind R, step R side
3& Cross rock L over R, recover weight on R
4& Rock L side, recover weight on R
5 Cross step L behind R and sweep R front to back
6& Cross step R behind L, turning $\frac{1}{4}$ left step L forward (9 o'clock)
7 Step R forward lifting L into a full L spiral (9 o'clock)

Non-turning 7 – step R forward

8& Step L forward, step R forward

Turning 8& - turning $\frac{1}{2}$ left step L back, turning $\frac{1}{2}$ left step R forward (9 o'clock)

[9-16&] L fwd, R fwd, $\frac{1}{4}$ L pivot turn, L weave 3, $\frac{1}{4}$ L, L fwd, R fwd, L fwd mambo sweep, R behind, $\frac{1}{8}$ L turn, L fwd to diagonal

1-2& Step L forward, step R forward, pivot $\frac{1}{4}$ left (6 o'clock)
3& Cross step R over L, step L side
4&5 Cross step R behind L, turning $\frac{1}{4}$ left step L forward, step R forward (3 o'clock)
6&7 Rock L forward, recover weight on R, step L back and sweep R front to back
8& Cross step R behind L, turning $\frac{1}{8}$ left toward left diagonal step L forward (1 o'clock)

[17-24&] R fwd rock/recover on diagonal, $\frac{1}{4}$ R, R tog, L fwd rock/recover on diagonal, $\frac{3}{4}$ L, L tog, R fwd rock/recover on diagonal, $\frac{1}{4}$ R, R tog, L fwd rock/recover on diagonal, $\frac{5}{8}$ L, L fwd (these steps cover all 4 corners of the room, ending facing 6 o'clock)

1-2 Facing diagonal rock R forward, recover weight on L (1 o'clock)
& Turning $\frac{1}{4}$ right to right diagonal step R together (5 o'clock)
3-4 Facing diagonal rock L forward, recover weight on R
& Turning $\frac{3}{4}$ left to diagonal step L together (7 o'clock)

(you can prep for this turn by starting to turn on the R recover on count 4)

5-6 Facing diagonal rock R forward, recover weight on L (7 o'clock)
& Turning $\frac{1}{4}$ right to right diagonal step R together (11 o'clock)
7-8 Facing diagonal rock L forward, recover weight on R
& Turning $\frac{5}{8}$ left step L forward (6 o'clock)

[25-32&] R fwd, L fwd, $\frac{1}{2}$ R pivot turn, L fwd, L full turn fwd R/L/R, L fwd, $\frac{1}{2}$ R pivot turn, L fwd, R cross rock/recover

1-2&3 Step R forward, step L forward, pivot $\frac{1}{2}$ right (12 o'clock), step L forward
4&5 Turning $\frac{1}{2}$ left step R back, turning $\frac{1}{2}$ left step L forward, step R forward (12 o'clock)

Non-turning 4&5 – step R forward, step L forward, step R forward

6&7 Step L forward, pivot $\frac{1}{2}$ right (6 o'clock), step L forward (toes facing diagonal to prep)
8& Cross rock R over L, recover weight on R

WALL 3 TAG:

At end of wall 3, facing back wall, add following 1-2& count tag and start the dance again facing front wall

1-2& Step R back/side, touch L back, turning $\frac{1}{2}$ L step L down

WALL 5 TAG: At end of wall 5, facing front wall, add the following 1-4& count tag and start the dance again facing front wall:

1-2& Step R side, rock L back, recover weight on R

3-4& Turning $\frac{1}{4}$ left step L forward, step R forward, pivot $\frac{1}{2}$ left (3 o'clock)

Turning another $\frac{1}{4}$ left to face front wall and start the dance again

Non-turning:

1-2& Step R side, rock L back, recover weight on R

3-4& Step L side, rock R back, recover weight on L

WALL 7 ENDING, final wall you will be starting facing back wall:

Dance through to count 12

1 2& Step L to left side

13 Cross R over L

14 Unwind a full turn left to bring you back to front wall

Non-turning: cross R over L, hold.
