

# I'm Not Myself

拍數: 32      牆數: 2      級數: Intermediate  
編舞者: Gregory Danvoie (BEL) - April 2024  
音樂: if you only knew - Alexander Stewart



**S1. Body roll, step back, Side step with 1/4 turn, sway X2, basic step, back rock, recover, step back with 1/8 turn, step forward with 1/2 turn**

1-2&3      RF step forward and push upper body backwards and roll body down, RF step back, LF step to the L side with 1/4 turn to the L (09:00)

**Body language: during the body roll, reaching RF arm forward**

4&5      RF step to the R side with a sway to the R side, LF sway to the L side, RF slide to the R side & LF drag next to RF (09:00)

**Body language: during the sway, reaching R arm to right side & reaching L arm to L side**

6&7      LF back rock, recover on RF, LF step back with 1/8 turn to the R (10:30)

8      RF step forward with 1/2 turn to the R (04:30)

**S2. Step back with 1/2 turn, back rock, recover, step back with 1/2 turn, back rock, recover, step forward, step forward with back flick, step together & down, sway X2**

&1      LF step back with 1/2 turn to the R, RF back rock (10:30)

2&3      Recover on LF, RF step back with 1/2 turn to the L, LF back rock (04:30)

4&5      Recover on RF, LF step forward, RF step forward and at the same time go up on the RF and make a back flick with LF (04:30)

**Body language: at the same time as back flick, go up the right arm and place the left arm on the side**

6-7-8      LF gather next to RF and bend both knees, RF step to the R side with a sway to the R side, LF sway to the L side (04:30)

**Body language: on count 6, puth both arms down with fists**

**S3. Basic step, step back X2, basic step with 1/8 turn, step forward X3, step forward with 1/2 turn, step back with 1/2 turn, back rock, recover, side step with 1/8 turn**

1-2&3      RF slide to the R side & LF drag next to RF (04:30), LF step back (04:30), RF step back (04:30), LF slide to the L side with 1/8 turn to the L side & RF drag next to LF (03:00)

4&5      RF step forward, LF step forward, RF step forward (with preparation for a half turn to the L side) (01:30)

6&7      LF step forward with 1/2 turn to the L side (07:30), RF step back with 1/2 turn to the L side (01:30), LF back rock (01:30)

8&      Recover on RF, LF step to the L side with 1/8 turn to the R (03:00)

**\* STEP MODIFICATION + RESTART**

**S4. Cross behind with a sweep back, cross behind, step forward with 1/4 turn, step forward with a hitch, step forward X3, step forward with 1/2 turn, step forward, pivot 1/2 turn, step forward X2**

1-2&3      RF cross behind LF with a LF sweep back, LF cross behind RF, RF step forward with 1/4 turn to the R (06:00), LF step forward and at the same time make a hitch with RF (06:00)

4&5      RF step forward, LF step forward, RF step forward (with preparation for a half turn to the L side) (06:00)

**Body language: on count 5, gather both arms to give a hug**

6-7&      LF step forward with 1/2 turn to the L side (12:00), RF step forward, pivot 1/2 turn with 1/2 turn to the L side (06:00)

8&      RF step forward, LF step forward

**TAG: at the end of wall 2 (12:00)**

1-2      RF rock forward and bend both knees, recover on LF

**Body language: gather both arms to give a hug**

**STEP MODIFICATION + RESTART: during wall 3 (04:30)**

8& Recover on RF, LF step forward with 1/8 turn to the L (12:00)

**FINAL:**

**RF step forward and bend both knees**

**Body language: gather both arms to give a hug**

**Contacts :**

**Gregory Danvoie – [gregoire18@hotmail.com](mailto:gregoire18@hotmail.com)**

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