

Only Me

拍數: 32 牆數: 4 級數: Improver
編舞者: Ole Jacobson (DE) & Nina K. (DE) - March 2025
音樂: Only Me - Kip Moore : (Album: Solitary Tracks)



Note: The dance begins after 32 counts

(Sec.1) side, together, shuffle fwd (r+l)

1-2 RF step to the right - LF step to RF
3&4 RF step forward - LF step to RF - RF step forward
5-6 LF step to the left - RF step to LF
7&8 LF step forward - RF step to LF - LF step forward

Restart: in the 5th wall (12:00) and in the 10th wall (9:00)

(Sec.2) step, ¼ turn l, schuffle a cross, back ¼ turn r, back, coaster-step

1-2 RF step forward - ¼ turn l (9:00)
3&4 RF cross over LF - LF step next to RF - RF cross over LF
5-6 ¼ turn r, LF step back - RF step back (12:00)
7&8 LF step back - RF next to LF - LF step forward

Restart: in the 7th wall (3:00)

(Sec.3) step, recover (R+L) & 2walk, shuffle fwd

1-2& RF step forward - Weight back to LF - RF next to LF
3-4& LF step forward - Weight back to RF - LF next to RF
5-6 RF step forward - LF step forward
7&8 RF step forward - LF next to RF - RF step forward

(Sec.4) step, recover, coaster-step, jazz-box ¼ turn r

1-2 LF step forward - Shift weight back to RF
3&4 LF step back - RF next to LF - LF step forward

Option on 3&4; Triple Full Turn L

Restart: in the 12th wall (12:00)

5-6 RF cross over LF - ¼ turn r, LF step back (3:00)
7-8 RF step to the right - LF next to RF

... and from the beginning