

Me (And My Gang)

COPPERKNOB
STEPPERS

拍數: 56 牆數: 2 級數: Intermediate
編舞者: Michael Morgan (USA)
音樂: Me and My Gang - Rascal Flatts



¾ PADDLE TURN

1&2&3&4& Push around with right foot turning ¾ to the left (left foot)

RIGHT SIDE, TOGETHER, TRIPLE RIGHT, REPEAT

1-2 Step right foot to right, step left foot beside right

3&4 Right triple step to right (right, left foot, right)

Option: snake (bob head) to beat

5-6 Step left foot to left, step right foot beside left foot

7&8 Left foot triple step to left (left foot, right, left foot)

Option: snake (bob head) to beat

REPEAT SIDE STEPS ABOVE

1-8 Repeat above steps 1-8

STEP ACROSS, UNWIND, HOLD

1-2 Step right foot across left foot, unwind ½ to the left

3-4 Hold

MODIFIED SAILOR SHUFFLE

&1-2 Step right foot behind left foot, step left foot across right, step right beside left

&3-4 Step left foot behind right, step right foot across left, step left foot beside right

&5-6 Step right foot behind left, step left foot across right, step right beside left

&7 Step left foot behind right, step right foot across left

8 Unwind ¼ to the left

SHUFFLE, TURN, KICK-BALL-CHAIN, HOLD

1&2& Kick right foot out and back, kick left foot out and back

3-4 Lift right knee up turning ¼ to the right

5&6 Left foot kick-ball-change ending weight on right foot

7-8 Lift left knee up turning ¼ to the left

FORWARD WALK, TRIPLE

1-2 Walk forward right, left

3&4 Right triple forward (right, left, right)

Option: raise hands like grabbing right reins

5-6 Walk forward left, right

7&8 Left foot triple forward (left, right, left)

Option: raise hands like grabbing reins

REPEAT WALK

1-8 Repeat 1-8 above

REPEAT