

Me And My Gang

拍數: 48 牆數: 2 級數: Intermediate
編舞者: Noel Bradey (AUS)
音樂: Me and My Gang - Rascal Flatts



HITCH, SIDE SHUFFLE, HITCH, SIDE SHUFFLE, BACK MAMBO, SHUFFLE FORWARD

- &1&2 Hitch right slightly across left, side shuffle to right stepping right to right side, step left beside right, step right to right side
&3&4 Hitch left slightly across right, side shuffle to left stepping left to left side, step right beside left, step left to left side
5&6 Rock/step right back, replace weight to left, step on right beside left
7&8 Shuffle forward left, right, left

FORWARD, ½ TURN, BACK, BALL JACK, TOUCH, BALL JACK, STEP, TWIST, TWIST, ¼ TWIST

- 1&2 Step right forward, turning ½ turn right step left back, step right back (6:00)
&3&4 Step left back, touch right heel forward, step on right beside left, touch left beside right
&5&6 Step left back, touch right heel forward, step on ball of right beside left, step left forward
7&8 Twist both heels to left, twist both heels to right, twist both heels left turning ¼ turn right (weight left) (9:00)

SAILOR, SAILOR HALF TURN, FORWARD COASTER, ¼ TURN SIDE SHUFFLE

- 1&2 Cross/step right behind left, step on left to left side, replace weight to right
3&4 Cross/step left behind right turning ¼ turn left, turn further ¼ turn left rocking right to right side, replace weight to left (3:00)
5&6 Step right forward, step on left beside right, step right back
7&8 Turn ¼ turn left to side shuffle left stepping left to left side, step right beside left, step left to left side (12:00)

SAMBA, BEHIND, REPLACE, SIDE, REPLACE, BEHIND, ¼ TURN, FULL TURN SHUFFLE FORWARD

- 1&2 Cross/step right over left, step on ball of left to left side, replace weight to right
&3&4 Cross/step on left behind right, replace weight to right, step on ball of left to left side, replace weight to right
&5-6 Cross/step left behind right, turn ¼ turn right to step right forward, step forward on left turning full turn right (3:00)
7&8 Shuffle forward stepping right forward, step on ball of left beside right, step right forward

FORWARD MAMBO, ½ TURN, ¾ TURN, ROCK SIDE, REPLACE, BEHIND, SIDE, CROSS OVER

- 1&2 Rock/step left forward, replace weight to right, step on left beside right
3-4 Turning ½ turn right step right forward, step forward on left turning ¾ turn right (6:00)
5-6 Rock/step right to right side, replace weight to left
7&8 Cross/step right behind left, step on left to left side, cross/step right over left

SIDE, REPLACE, CROSS, DIAGONAL LOCK SHUFFLE BACK, ½ SHUFFLE TURN, FORWARD, ½ PIVOT

- 1&2 Rock/step left to left side, replace weight to right, cross/step left over right
3&4 Step right back at 45 degrees right, cross/step left over right, step right back at 45 degrees right
5&6 Turn ½ turn left to shuffle forward left, right, left (12:00)
7-8 Step right forward, pivot turn ½ turn left (weight left) (6:00)

REPEAT

TAG

At the end of wall 1 and wall 5, both times facing 6:00, add the following 4 count tag

1&2 Step right forward, step left beside right, step right back

3&4 Step left back, step right beside left, step left forward

ENDING

Dance to count 12, then step left to left side (end feet apart)
