

# Touch Me

拍數: 48      牆數: 4      級數: Intermediate  
編舞者: Wanda M. Gray  
音樂: I Get So Rattled - Jill Morris



## WALK FORWARD, TOUCH, HEEL JACKS, STEP, PIVOT ½ TURN LEFT

- 1 Step forward onto right foot
- 2 Step forward onto left foot
- 3 Tap right toe behind left heel
- & Step back onto right foot
- 4 Tap left heel forward to left diagonal
- & Bring left foot back to place
- 5 Touch right foot beside left foot
- & Step back onto right foot
- 6 Tap left heel forward to left diagonal
- & Bring left foot back to place
- 7 Step forward onto right foot
- 8 Pivot ½ turn to the left

## SHUFFLE RIGHT, ROCK & RECOVER, SHUFFLE LEFT, ROCK & RECOVER

- 1&2 Shuffle to the right side, stepping right.left.right
- 3 Rock back onto left foot
- 4 Recover weight onto right foot
- 5&6 Shuffle to the left side stepping left.right.left
- 7 Rock back onto right foot
- 8 Recover weight onto left foot

## WALK FORWARD, HIP BUMPS RIGHT, WALK FORWARD, HIP BUMPS LEFT

- 1 Step forward onto right foot
- 2 Step forward onto left foot
- 3 Take a small step forward on right foot and bump hips to right
- & Bump hips to left
- 4 Bump hips to right transferring weight to right foot
- 5 Step forward onto left foot
- 6 Step forward on to right foot
- 7 Take a small step forward onto left foot and bump hips to left
- & Bump hips to right
- 8 Bump hips to left transferring weight onto left foot

## ROCK FORWARD, TURNING SHUFFLE ½ TURN RIGHT, ROCK FORWARD, TURNING SHUFFLE ¾ TURN LEFT

- 1 Rock forward onto right foot
- 2 Recover weight onto left foot
- 3&4 Turn ½ turn right stepping right-left-right
- 5 Rock forward onto left foot
- 6 Recover weight onto right foot
- 7&8 Turn ¾ turn left stepping left-right-left

## RIGHT SAILOR, LEFT SAILOR, STEP, TURN, HEEL JACK

- 1 Step right foot behind left foot
- & Small step to left on left foot

- 2 Small step to right on right foot
- 3 Step left foot behind right foot
- & Small step to right on right foot
- 4 Small step to left on left foot
- 5 Step forward onto right foot
- & Hook left foot behind right ankle
- 6 Turn ½ turn right on right foot
- & Step back onto left foot
- 7 Tap right heel to right diagonal
- & Bring right foot back to place
- 8 Touch left foot beside right foot

### **STOMP, HOLD, HIP CIRCLES**

- 1 Stomp left foot slightly forward
- 2-4 Hold for next 3 counts with attitude
- 5-8 Circle hips to the left over 4 counts (add snakes or body rolls for the more experienced dancers) ending with weight on left foot

### **REPEAT**

### **16 COUNT BRIDGE (END OF 1ST WALL ONLY)**

#### **TURNING SHUFFLES RIGHT AND LEFT**

- 1&2 Shuffle to right stepping right-left-right
  - & ½ turn to right on ball of right foot
  - 3&4 Shuffle to left stepping left-right-left
  - & Turn ½ turn left on ball of left foot
  - 5&6 Shuffle to right stepping right-left-right
  - 7 Rock forward onto left foot
  - 8 Recover weight onto right foot
  
  - 9&10 Shuffle to left side stepping left-right-left
  - & Turn ½ turn left on ball of left foot
  - 11&12 Shuffle to right stepping right-left-right.
  - & Turn ½ turn right on ball of right foot
  - 13&14 Shuffle to left stepping left-right-left
  - 15 Rock forward onto right foot
  - 16 Recover weight onto left foot
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