

This Is Me

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Michael Vera-Lobos (AUS) - February 2009
音樂: This Is Me Your Talking To - Trisha Yearwood : (CD: Heaven, Heartache And
The Power Of Love)



Intro: 8 COUNT INTRO

(1–8&) Side Rock, Replace & Full Triple Spin To The Left, Cross Rock, Replace & ¼ R, R & Turn A Further ½ R

- 1,2&3&4 Side Rock R to R, Replace wt on L & Step R beside L, Full triple to L travelling L Stepping L,R,L (12:00)
5,6&7,8& Cross Rock R over L, Replace wt on L & Turn ¼ R on R (3:00) Step fwd L, Pivot ½ R (9:00) & Turn a further ½ R ending with wt on L facing (3:00)

(9–16) Rock Back, Replace, Step Fwd, ½ R, Step Back, Rock Back L, Fwd R, Step Fwd, ½ L, Step Back

- 1,2,3&4 Rock back on R, Rock fwd L dragging R towards L, Step fwd R, Turning ½ R Step back on L, Step back on R
5,6,7&8 Rock back on L, Rock fwd R dragging L towards R, Step fwd L, Turning ½ L Step back on R, Step back on L

(17–24) R Coaster Cross, (Travelling Fwd) Side Rock, Replace & Cross Infront, Side Rock, Replace, Cross, ¼ R, ½ R

- 1&2,3,4& Step back on R & Step L beside R, Cross R over L, Side Rock L to L, Replace wt on R & Cross L over R (3:00)
5,6,7&8 Side Rock R to R, Replace wt on L, Cross R over L, Turn ¼ R Stepping back L, Turn ½ R on R (12:00)

(25–32) Rock Fwd, Replace & Rock Back, Replace & ¼ L Rock Back, Replace, Full Triple Spin Fwd L

- 1,2&3,4& Rock fwd L, Replace wt on R & Step L beside R, Rock back R, Rock fwd L & Stepping R beside L Turn ¼ L
5,6,7&8 Rock back L, Rock fwd R, Full triple Spin fwd L Stepping L,R,L (9:00)

(33–40) Lock Shuffle Fwd R, Step Fwd, ¼ Pivot R & Drag, Cross Shuffle, Step Side, ½ Hinge L

- 1&2,3,4 Lock Shuffle fwd R Stepping R,L,R, Step fwd L, Pivot ¼ R dragging L towards R (12:00)
5&6,7,8 Cross Shuffle L over R Stepping L,R,L, Step R to R, Hinge ½ L Ending with wt on L to L side (6:00)

(41–48) Cross Rock, Replace/ Drag, Full Triple Spin To R, Cross Rock, Replace/ Drag, Full Triple Spin L

- 1,2,3&4 Cross Rock R over L, Replace wt on L dragging R towards L, Full triple Spin R Stepping R,L,R (6:00)
5,6,7&8 Cross Rock L over R, Replace wt on R dragging L towards R, Full triple Spin L Stepping L,R,L (6:00)

(49–56) Rock Fwd, Replace, Coaster Cross R, (Travelling Fwd) Side Rock, Replace & Cross, Side, ½ Hinge L

- 1,2,3&4 Rock fwd R, Rock back on L, Step back on R & Step L beside R, Cross R over L (6:00)
5,6&7,8 Travelling fwd – Side Rock L to L, Replace wt on R & Cross L over R, Step R to R, Hinge ½ L ending wt on L

(57–64) Rock Fwd, Replace, Coaster Cross R, (Travelling Fwd) Side Rock, Replace & Cross, Side, ½ Hinge L

- 1,2,3&4 Rock fwd R, Rock back on L, Step back on R & Step L beside R, Cross R over L (12:00)
5,6&7,8 Travelling fwd – Side Rock L to L, Replace wt on R & Cross L over R, Step R to R, Hinge ½ L ending wt on L

SEQUENCE:

WALL 1 – Dance to Count 64 & Start Dance again facing back Wall

WALL 2 – Dance to Count 52 (Rock Replace, Coaster R) & Step L beside R to start dance again facing front Wall

WALL 3 – Dance to count 32 (Full triple Spin fwd L) – Turning $\frac{1}{4}$ L to face back wall start dance again Rocking R to R

WALL 4 - Dance to Count 52 (Rock Replace, Coaster R) & Step L beside R to start dance again facing front Wall

WALL 5 – Dance to count 36 – (Lock Shuffle R, Step fwd $\frac{1}{4}$ Pivot R & Step L beside R – Start dance facing front Wall

WALL 6 – Dance to Count 8& Walk back R, Walk Back L, R Coaster back & Step L beside R, Rock back R, fwd L

(Hold for 2 counts) Continue dance from Count 11 & Finish facing front Wall on Count 24, Step fwd R, Drag

strictly@zip.com.au / home.zipworld.com.au/~strictly
