

# Me, In

拍數: 80                      牆數: 2                      級數: Phrased Improver  
編舞者: Lily Liu (MY) - December 2011  
音樂: Me,In - Wonder Girls



Intro : After the lyrics "Right Now" , start dance after 32 counts

Sequence : A B C / A B B / Tag / A B B / Ending

## A : 32 counts

### (A1) Step , Lock Step , R Shuffle Forward , Step , Lock Step , L Shuffle Forward

1, 2                      Step R forward . Lock L behind R .  
3 & 4                      Step R forward . Lock L behind R . Step R forward .  
5, 6                      Step L forward . Lock R behind L .  
7 & 8                      Step L forward . Lock R behind L . Step L forward .

### (A2) Rock , Recover , Chasse 1/4 Turn (twice) , Kick Ball Change

1, 2                      Rock R forward . Recover onto L .  
3 & 4                      Turn 1/4 right Stepping R to right . Close L beside R . Step R to right .  
5 & 6                      Turn 1/4 right stepping L to left . Close R beside L . Step L to left .  
7 & 8                      Kick R forward . Step R beside L . Step L in place .

### (A3) R & L Double Hip Bump , Jazz Box (with sway)

1 & 2                      Step R forward while bumping R hip to forward , backwards , forward .  
3 & 4                      Step L forward while bumping L hip to forward , backwards , forward .  
5, 6                      Step R forward ( sway hip to right ) . Recover onto L ( sway hip to left ) .  
7, 8                      Step R to right (sway hip to right ) . Recover onto L ( sway hip to left )

### (A4) R & L Forward Samba , Mambo Forward , Twist L , R , L

1 & 2                      Step R forward . Rock L to left . Recover onto R .  
3 & 4                      Step L forward . Rock R to right . Recover onto L .  
5 & 6                      Rock R forward . Recover onto L . Step R beside L .  
7 & 8                      Twist both heels to left . Twist both heels to center . Twist both heels to left .

## B : 32 counts

### (B1) ( Toes & Heel touch , Cross ) x 2 , Back Lock Step , Coaster Step

1 & 2                      Touch R toes forward with heel angling out to side. Touch R heel forward to right diagonal .  
Cross R over l.  
3 & 4                      Touch L toes forward with heel angling out to side . Touch L heel forward to left diagonal .  
Cross L over R .  
5 & 6                      Step R back . Lock L over R . Step R back .  
7 & 8                      Step L back . Step R beside L . Step L forward . .

### (B2) Side Rock( R , L , R ) , Side Rock ( L , R , L ) , Rocking Chair , Twist L , R , L

1 & 2                      Step R to right while rocking body to right , left , right .  
3 & 4                      Rock body to left , right , left .  
5&6&                      Rock R forward . Recover onto L . Rock R back . Recover onto L .  
(Easier : Back Mambo; 5 & 6 : Rock R back . Recover onto L. Step R beside L )  
7 & 8                      Step R beside L while twisting both heels to left , right , left

(B3) & (B4) Repeat (B1) & (B2) .

## C : 16 counts

(C1) R & L Twinkle , Forward Mambo , Back Mambo

- 1 &2            Cross R over L . Step L to left . Step R forward .to right diagonal ( 7:30)  
3 &4            Cross L over R . Step R to right . Step L forward to left diagonal ( 4:30)  
5 &6            Rock R forward . Recover onto L . Step R back . (4:30)  
7 &8            Rock L back . Recover onto R . Step L forward .(4:30)

**(C2) Repeat (C1)**

**Tag : ( Toes & Heel Touch , 1/4 Turn Right ) x 2**

- 1 &2            Touch R toes forward with heel angling out to side . Touch R heel forward to right diagonal .  
                  Turn 1/4 right stepping R forward .( 3:00)  
3 &4            Touch L toes forward with heel angling out to side . Touch L heel forward to left diagonal .  
                  Turn 1/4 right stepping L forward .( 6:00)

**Ending : R & L Twinkle , Hitch**

- 1 &2            Cross R over L . Step L to left . Step R forward to right diagonal .(1:30)  
3 &4            Cross L over R . Step R to right . Step L forward to left diagonal .(10:30)  
&                Hitch R (facing 12:00 do one pose for ending ) .
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